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THE BOOK OF SHADOWS



Wiccan Spells

Pagan Spell

Black Magic

White Magic

Owner: Sasha Fierce

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INTRODUCTION

IN THE WAXING

All spells of a constructive nature should be performed when the moon is bright, that is, waxing to full. These would include healing, sorcery designed to bring luck or success, fertility rites and charms, protection, counter magick, and divination.

IN THE WANING

All spells of a destructive or banishing nature should be performed when the moon is dark, that is waning to new. These would include banishment of negativity, binding, certain works of necromancy, and agricultural magic designed to ward off pests and disease.



Welcome to the World of Spells. Here to you will find Magic Spells specially love spells that are easy and powerful. Spells Casting services and Love Potions available.

Healing is possible with the help of Spiritual work. Heal yourself now with powerful spells in the field of Love, Money and Success. Talismans and charms play an important role in Psychic Healing.

I am a Spiritualist Healer from India into spiritual healing, spiritual growth, spiritual cleansing having all the knowledge and information in the [Spiritual World](#).

Modern scientific research is fast rediscovering ancient magical truths. It was once a source of wonder that magicians could create miracles through chanting, that witches could cast spells, that men could curse animate and inanimate objects, and that some people could prayers that worked.

Now we find modern instances of the same ancient principles in new terms: meditation, praying over plants, Oriental chanting, modern witches, covens and Satanist cults, ESP experiments, psychic phenomena, and so on. And it all points to one startling revelation: the human being somehow contains within himself a source of energy whose name changes often but whose power never diminishes.

You're Innate But Latent Power.

For most people, the idea of spells, prayers, curses and chants is all mixed up with complicated rituals, exercises and ceremonies. The latter, however, as science continues to demonstrate, are not really necessary. In the past such rituals were performed for various reasons: to confuse the outsider, to frighten the uninitiated, to conceal supernatural truth, to delude the blasphemer. Today era know that the secret too many so called magical acts lies not in ceremony and costume, but in the untapped recesses of the human mind.

Activating Your Latent Power.

You can activate your own hidden source of Magical Power in the same way that occultists and mystics have been doing for ages: by using spells, prayers, curses and chants. And, just as they have done, you can realize your hidden potential, transform your very life, obtain health and riches and fame. Wherever I go these days, whether to Los Angeles, Miami, New York, Houston, India and even to small country towns, men and women tell me of the ways they are using various spells, prayers, curses and chants to produce desired results. One young man in Boston exclaimed, "Don't know how it works. I chant my mantra and obstacles vanish.

Money Spells, Love Spells, Spell Casting Magic Spells for love spells, White Magic, money spells, protection from black magic spells.

My goal is to provide you with an easy way of getting what you want out of life. I have taken all the secrecy out of Oriental meditation, all the hocus-pocus out of Black Magic rituals, all the mumbao jumbo out of witchcrafts spells. The end result of my labors is this website, a simple, practical way for you to reach any goal. Attain any height, enjoy any pleasure way for you to reach any goal, attain any height, and enjoy any pleasure. The revelatory knowledge in this website is height, enjoy any pleasure. The revelatory knowledge in this web page is for you. You can master it and thereby master the secret of all spells, prayers, curses and chants. And there is what such mastery will do for you; you will learn how to deal effectively with the recurrent and seemingly endless problems of everyday living in our troubled world. Remember Dark Spells should be avoided.

Paganism: Pagan is a word used to refer to various religions and religious beliefs from across the world.

Here are some of the MAGIC SPELLS but I will not guarantee on any of these spells as they are picked from the internet,

Wiccan Spells.

Wiccan spell can be used for many reasons such as:
Wiccan spells for love relation as wiccan love spell.
Wiccan spells for money as Wiccan money spell.
Wiccan spells for protection from black magic, curse, hex etc as wiccan protection spell.
Wiccan spells for healing as Wiccan healing spell and more.

I will cast powerful Wiccan spells for you. I will see that all your problems are over and by proper spells casting your needs are achieved.
So have any type of witchcraft or Wicca problems. powerful wiccan spells can help you.

If you have any queries email me your name, birthdates and nationality with all your questions or requirements and I will get back to you. I will see that by casting spells. Your problems are solved

RETURN TO ME SPELL, RETURN MY LOVE SPELL, LOVE COME BACK TO ME SPELLS.
RETRIEVE A LOVER SPELL (RETRIEVE LOST LOVE SPELLS).
RETURN OF LOST LOVE SPELL (GET BACK LOST LOVE SPELLS).
LOST LOVE SPELL.
GET ME MY LOVE BACK SPELL(SPELLS TO BRING YOUR LOVER BACK)
BROKEN HEART SPELL.
LOVER COME BACK TO ME SPELL.(SPELLS FOR YOUR LOVER TO BE BACK TO YOU)

If you have any queries email me your name, birth date and nationality with all your questions or requirements and I will get back to you. I will see that by casting spells. Your problems are solved

LOVE SPELLS

Love Spells and Spell Casting Love Spells: here you will find love spell for attraction, love spells for lost love, love spells for binding lovers, love spells for all purpose and Magic Spell Casting is available.

Love Spells and Spell Casting Love Spells.: here you will find Love Spell for attraction. Love Spells for lost love

or lost love Spells. Love Spells for binding lovers. Love Spells for all purpose and Magic Spell Casting is available.

Some of the common Magic Love Spells are.

- 1) LOVE SPELLS TO BRING YOUR LOVER BACK TO YOU.
- 2) LOVE SPELLS FOR ATTRACTING OPPOSITE SEX.
- 3) Love Spells for Lost Love. Or Bring Back your Lost Love Spell.
- 4) Spells to find Lost Love.

BY THE POWER OF LOVE SPELLS ATTRACT ANY ONE OR GET ANY ONE IN YOUR LIFE.

Love spells are always enquired by my devotes and are always important, as. Love Spells are performed for a number of love problems and some of the reasons where Love Spells play a very important role are given below. Magic spells like magic love spells or magic love spells can do wonders.

Magic Love Spells for New Love or magic Love Spells to Attract new Love are very common spells. Looking for Magic Spells to attract new lover or spells to attract new love. Come here where much powerful love spells for love is available

Love Spells to solve problems in your love relation. Love Spells to find your soul mate.

Magic Love Spells to bring your lover back into your life. Love Spells to attract some one and get him or her into your life.

Powerful Love Spells to bring your love back that is with someone else?

Magic Protection Love Spells to prevent your love to leave you or to go to someone else.

Magic Love spells to force opposite sex to come to you by magic powers.

Powerful Gay Love Spells and Anti love spells. Protection Love Spell for someone has casted a love spell on your love?

Some important questions that you may have in your mind.

Do you want that your love should come to you forever and without any condition? Are you trying to attract some one?

Or are you trying to get rid of some one? Do you need a Love Spell to heal a Broken Heart?

Are you in need of a spell to reunite lovers?

Or do you need a love spell to reunite lovers?

Do you need a powerful Attraction Love Spells? Or Lust Spells? Or Sex Spells?

Now for all this purpose special Love Spells can be casted or performed. You may email me your Name, Birth date, Nationality along with your problems and your questions in details so that I may go through your stars and then I

will be able to guide you and advise you in a better way.

Some Common Love Spells always enquired are

1) Make You Love Me Love Spell or Spells Kit. (Love Spells to make someone special love you. or I Want My Love Now spell kit.

2) Get married now or marry me love spell or spells kit. (Love Spells to get married or love spell for your love to marry you now.

3) Love me Again love spell or spells kit. Or Love Spells to Love me as before. (Regain a lost love or Retrieve a lost love spell or spell). Or Regain My lover who is with someone else love spell or love spells kit.

4) Attract Love to me Love Spell or spells kit. I want My Lost Love Back spell or spells kit. (Love spells to attract your love towards you).

5) Leave My Man Alone love spell or spells kit. (Love Spells to free you man from other women so with love spell your man will be with you)

6) Leave My Woman Alone love spell or spells kit. (Love Spells to free you woman from other men so with love spell your woman will be with you)

7) Go away woman spell or love spells kit. (Love spell to get rid or be free from someone who has disturbed you

8) No one but me love spell or spells kit or Love only me love spell or love spells kit. (Love spells for your love to be faithful to you)

9) Come Back My Love Spell or love spells kit or Come Back my Love spell kit. (My Love Back spells for both man and women).

Need powerful spells. I will cast powerful spells according to your need.

I. ASTRAL PROJECTION

MONROE TECHNIQUE

Note: After having studied many methods of Astral Projection, I have found that this is the easiest to do. Monroe teaches these techniques in a week, but they can be easily done in a day, with proper devotion. I feel that this technique is superior to others because it does not require intense visualization, which many people cannot do. enjoy!

(Taken from Leaving The Body: A Complete Guide to Astral Projection, D. Scott Rogo, Prentice Hall Press)

One of the chief barriers people learning to project face is fear. Many are afraid that they may die, or be harmed in some way as a result of their projection. Nothing could be farther from the truth. The Canterbury Institute, renowned for its occult studies, executed an experiment in projection involving over 2,000 people. None of them were hurt in any way by this, and now,

three years later, none have complained of any newly arising problems.

Once you are aware that you cannot be harmed by projecting, you should begin Monroe's techniques, step by step.

Step one: Relax the body.

According to Monroe, "the ability to relax is the first prerequisite, perhaps even the first step itself" to having an OBE. (out of body experience) This includes both physical and mental relaxation. Monroe does not suggest a method of attaining this relaxation, although Progressive Muscle relaxation, coupled with deep breathing exercises (inhale 1, exhale 2, inhale 3.... until 50 or 100) are known to work well.

Step two: Enter the state bordering sleep.

This is known as the hypnagogic state. Once again, Monroe doesn't recommend any method of doing this. One way is to hold your forearm up, while keeping your upper arm on the bed, or ground. As you start to fall asleep, your arm will fall, and you will awaken again. With practice, you can learn to control the Hypnagogic state without using your arm. Another method is to concentrate on an object. When other images start to enter your thoughts, you have entered the Hypnagogic state. Passively watch these images. This will also help you maintain this state of near-sleep. Monroe calls this Condition A.

Step three: Deepen this state.

Begin to clear your mind. observe your field of vision through your closed eyes. Do nothing more for a while. Simply look through your closed eyelids at the blackness in front of you. After a while, you may notice light patterns. These are simply neural discharges. They have no specific effect. Ignore them. When they cease, one has entered what Monroe calls Condition B. From here, one must enter an even deeper state of relaxation which Monroe calls Condition C-- a state of such relaxation that you lose all awareness of the body and sensory stimulation. You are almost in a void in which your only source of stimulation will be your own thoughts.

The ideal state for leaving your body is Condition D. This is Condition C when it is voluntarily induced from a rested and refreshed condition and is not the effect of normal fatigue. To achieve Condition D, Monroe suggests that you practice entering it in the morning or after a short nap.

Step Four: Enter a state of Vibration.

This is the most important part of the technique, and also the vaguest. Many projectors have noted these vibrations at the onset of projection. They can be experienced as a mild tingling, or as is electricity is being shot through the body. /their cause is a mystery. It may actually be the astral body trying to leave the physical one.

For entering into the vibrational state, he offers the following directions:

1. Remove all jewelry or other items that might be touching your skin.
2. Darken the room so that no light can be seen through your eyelids, but do not shut out all light.
3. Lie down with your body along a north-south axis, with your head pointed toward magnetic north.
4. Loosen all clothing, but keep covered so that you are slightly warmer than might normally be comfortable.
5. Be sure you are in a location where, and at a time when, there will be absolutely no noise to disturb you.
6. Enter a state of relaxation
7. Give yourself the mental suggestion that you will remember all that occurs during the upcoming session that will be beneficial to your well-being. Repeat this five times.
8. Proceed to breathe through your half-open mouth.
9. As you breathe, concentrate on the void in front of you.
10. Select a point a foot away from your forehead, and then change your point of mental reference to six feet.
11. Turn the point 90 degrees upward by drawing an imaginary line parallel to your body axis up and above your head. Focus there and reach out for the vibrations at that point and bring them back into your body.

Even if you don't know what these vibrations are, you will know when you have achieved contact with them.

Step five: Learn to control the vibrational state.

Practice controlling them by mentally pushing them into your head, down to your toes, making them surge throughout your entire body, and producing vibrational waves from head to foot. To produce this wave effect, concentrate on the vibrations and mentally push a wave out of your head and guide it down your body. Practice this until you can induce these waves on command.

Once you have control of the vibrational state, you are ready to leave the body.

Step six: Begin with a partial separation.

The key here is thought control. Keep your mind firmly focused on the idea of leaving the body. Do not let it wander. Stray thought might cause you to lose control of the state.

Now, having entered the vibrational state, begin exploring the OBE by releasing a hand or a foot of the "second body". Monroe suggests that you extend a limb until it comes in contact with a familiar object, such as a wall near your bed. Then push it through the object. Return the limb by placing it back into coincidence with the physical one, decrease the vibrational rate, and then terminate the experiment. Lie quietly until you have fully returned to normal. This exercise will prepare you for full separation.

Step seven: Dissociate yourself from the body.

Monroe suggests two methods for this:

One method is to lift out of the body. To do this, think about getting lighter and lighter after entering this vibrational state. Think about how nice it would be to float upward. Keep this thought in mind at all costs and let no extraneous thoughts interrupt it. An OBE will occur naturally at this point.

Another method is the "Rotation method" or "roll-out" technique. When you have achieved the vibrational state, try to roll over as if you were turning over in bed. Do not attempt to roll over physically. Try to twist your body from the top and virtually roll over into your second body right out of your physical self. At this point, you will be out of the body but next to it. Think of floating upward, and you should find yourself floating above the body. Monroe suggests you begin with the lift-out method, but argues that both are equally efficacious.

II. BLESSINGS

COMPUTER BLESSING

(It's OK to laugh)

Blessings on this fine machine,
May its data all be clean.
Let the files stay where they're put,
Away from disk drives keep all soot.
From its screen shall come no whines,
Let in no spikes on power lines.
As oaks were sacred to the Druids,
Let not the keyboard suffer fluids.
Disk Full shall be no more than rarity,
The memory shall not miss its parity.
From the modem shall come wonders,
Without line noise making blunders.
May it never catch a virus,
And all its software stay desirous.
Oh let the printer never jam,
And turn my output into spam.
I ask of Eris, noble queen,
Keep Murphy far from this machine.

GOD AND GODESS BLESSING

"God and Goddess of the skies,
please allow me to follow my day to day action.
Take action upon my cries, Hear me today and love me
always.
Help me through life's struggles and grant me strength
for all I do.

Guide me into life with an open mind and a fresh slate. So Mote it Be!"

A NIGHTMARE BLESSING

As the day comes to an end,
our great god, the sun descends.
Goddess enters into night sky,
twinkling stars and moon so high,
I now lay me down to rest,
with my soul in her hands
goodnight to all,
and goddess bless!

III. CANDLE MAGICK

1. One of the simplest of magical arts which comes under the heading of natural magic is candle burning. It is simple because it employs little ritual and few ceremonial artifacts. The theatrical props of candle magic can be purchased at any department store and its rituals can be practiced in any sitting room or bedroom.

2. Most of us have performed our first act of candle magic by the time we are two years old. Blowing out the tiny candles on our first birthday cake and making a wish is pure magic. This childhood custom is based on the three magical principals of concentration, will power and visualization. In simple terms, the child who wants his wish to come true has to concentrate (blow out the candles), visualize the end result (make a wish) and hope that it will come true (will power).

3. The size and shape of the candles you use is unimportant, although highly decorative, extra large, or unusually shaped candles will not be suitable as these may create distractions when the magician wants to concentrate on the important work in hand. Most magicians prefer to use candles of standard or uniform size if possible. Those which are sold in different colors for domestic use are ideal.

4. The candles you use for any type of magical use should be virgin, that is unused. Under no circumstances use a candle which has already adorned a dinner table or been used as a bedroom candle or night-light. There is a very good occult reason for not using anything but virgin materials in magic. Vibrations picked up by secondhand materials or equipment may disturb your workings and negate their effectiveness.

5. Some magicians who are artistically inclined prefer to make their own candles for ritual and magical use. This is a very practical exercise because not only does it impregnate the candle with your own personal vibrations, but the mere act of making your own candle is magically potent. Specialist shops sell candle wax and molds together with wicks, perfumes, and other equipment.

6. The hot wax is heated until liquid and then poured into the mould through which a suitably sized wick has already been threaded. The wax is then left to cool and once is

this has occurred the mould is removed, leaving a perfectly formed candle. Special oil-soluble dyes and perfumes can be added to the wax before the cooling process is complete to provide suitable colors and scents for a particular magical ritual. Craft shops which sell candle making supplies can also provide do-it-yourself books explaining the technicalities of the art to the beginner.

7. Once you have purchased or made your ritual candle it has to be oiled or 'dressed' before burning. The purpose of dressing the candle is to establish a psychic link between it and the magician through a primal sensory experience. By physically touching the candle during the dressing procedure, you are charging it with our own personal vibrations and also concentrating the desire of your magical act into the wax. The candle is becoming an extension of the magician's mental power and life energy.

8. When you dress a candle for magical use, imagine that it is a psychic magnet with a North and a South pole. Rub the oil into the candle beginning at the top or North end and work downwards to the half-way point. Always brush in the same direction downwards. This process is then repeated by beginning at the bottom or south end and working up to the middle.

9. The best type of oils to use for dressing candles are natural ones which can be obtained quite easily. Some occult suppliers will provide candle magic oils with exotic names. If the magician does not want to use these, he can select suitable oils or perfumes from his own sources. The oils soluble perfumes sold by craft shops for inclusion in candles can be recommended.

10. The candles you use can be colored in accordance with the following magical uses: White- spirituality and peace. Red- health, energy, strength, courage, sexual potency. Pink- love affection and romance. Yellow- intellectualism, imagination, memory and creativity Green- fertility, abundance, good luck and harmony Blue- inspiration, occult wisdom, protection and devotion Purple- material wealth, higher psychic ability, spiritual power and idealism Silver- clairvoyance, inspiration, astral energy and intuition Orange- ambition. Career matters and the law.

11. If you wanted to use candle magic for healing, you would select a red candle to burn. To pass an exam, burn a yellow candle, to gain esoteric knowledge burn a blue candle or for material gain, burn a purple one. It is obvious these colors relate to the signs of the zodiac and the planetary forces.

12. The simplest form of candle magic is to write down the objective of your ritual on a virgin piece of paper. You can use color paper which matches the candle. Write your petition on the paper using a magical alphabet, such as Theban, enochian, malachain, etc. As you write down what you want to accomplish through candle magic-- a

new job, healing for a friend, a change of residence, a new love affair, etc.-- visualize your dream coming true. Visualize the circumstances under which you might be offered a new job, imagine your employer telling you that your salary has been increased or conjure up a vision of your perfect love partner.

13. When you have completed writing down your petition, carefully fold up the paper in a deliberately slow fashion. Place the end of the folded paper in the candle flame and set light to it. As you do this concentrate once more on what you want from life.

14. When you have completed your ritual, allow the candle to have completely burned away. You do not need to stay with the candle after the ritual, but make sure that is safe and that red-hot wax will not cause damage or fire. Never re-use a candle which has been lit in any magical ritual. It should only be used in that ritual and then allowed to burn away or be disposed of afterwards.

15. If you are conducting a magical ritual which involves two people (e.g. an absent healing for a person some distance away) then the second person can be symbolically represented during the ritual by another candle. All you need to do is find out the subject's birth date and burn the appropriate candle for that zodiacal sign.

These are as follows-

ARIES	red
TAURUS	green
GEMINI	yellow
CANCER	silver
LEO	orange
VIRGO	yellow
LIBRA	pink
SCORPIO	red
SAGITARIUS	purple
CAPRICORN	(black)
AQUARIUS	(all colors)
PISCES	mauve

CANDLE RITUALS

Candle rituals have been around for centuries. You light the candles, maybe close your eyes while repeating a spell or that which you Wish for and visualizing it coming true. It is a combination of the need or desire, and the ability to visualize the outcome. Candle burning spells and rituals are very easy to do and to have success with if they are Done correctly and you truly believe. The different colors of candles each have their own symbolism. Here is a table of the colors and their meanings.

White: truth, purity
 Red: love, health, sex, strength
 Green: money, luck, fertility
 Black: discord, evil, negativity, confusion
 Brown: neutrality, uncertainty, hesitation
 Pink: love, morality, honor
 Purple: power, business progress, ambition
 Orange: attraction, stimulation
 Greenish Yellow: jealousy, anger, discord
 Gray: neutrality, stalemate, negativity
 Light Blue: tranquility, patience, health
 Dark Blue: depression, changeability
 Candle spells can be very easy or complicated. It all depends on how much time you want to put into a ritual. It can be as simple as lighting a green candle and chanting... money, money come to me. It can also be very long and complicated lasting several days with the repositioning of The candles each day. The choice is always yours. The first thing you want to do is get the appropriate color candles for your particular desire. Then you need to anoint the candle with oil. Olive oil will do fine. You need to rub the candle with the oil from the middle outward to the ends. As you are doing this you need to be thinking of your desired goal. Then sit and meditate on your desire after lighting the candles, then read your spell Or chant your appropriate mantra. You don't need some elaborate spell with a bunch of big words or words you don't Even know how to pronounce. You can make your own spells or rituals. Think of your desire then make a simple little rhyme that tells about your desire in it. It doesn't even have to rhyme. This is all about will power, the power of positive thinking, And creative visualization. If you can do these things then you will send those vibrations out Into the universe and eventually they will materialize

FRIENDSHIP CANDLE SPELLS

Pink Candle Good Luck/Friendship Oil Pink silk Ribbon White Silk Ribbon Cast the Circle, Arrange altar, Invoke Goddess and God You will want to anoint the pink with Good Luck oil all the while thinking of the friends you want to make. Imagine yourself laughing with them, going out with them. Really see yourself with them. After your candle has been anointed, you may light it. At this point you may call out the things that Are important to you in a friend: honesty, trust, open mindedness, humor, whatever.

As you light the candle, see the flame as being the energy that burns between any two close friends. When this is completed, take your two pieces of silk ribbon and weave them together. Simply winding them around each other will do. While you do this, think of bringing that friend closer to you. This binding process is reminiscent of pagan hand fasting rituals. You are binding that friend to you, making them loyal to you, a way any good friend should be. You do not want to bind a specific person to you, as that kind of magic is harmful since it harms the other person's free will. Only bind the idea of the perfect friend to you. Once you have done this, tie the ribbon to the base of your candle as best as you can. The candle's light is a beacon to bring friendship to you and another person. When this is done, you may wish to sit and meditate on the spell that you have just cast, sending your energies out to bring that perfect friend to you. When you feel that your spell has been completed, then it has. Let your candle burn all the way out and release your circle, thanking the Goddess and the God.

LOVE SPELL

Light a candle (I tend to use a blessed white tea candle) and place it by the window sill at night. This is you calling out to your love.

CAST A WITCH'S LUCKY CANDLE SPELL

Take an orange candle anointed with cinnamon oil, clove, or lotus oil. Light the candle and say 3 times: "brimstone, moon, and witch's fire, candlelights bright spell, Good luck shall I now acquire, Work thy magic well. Midnight twelve, the witching hour, Bring the luck I seek. By wax and wick now work thy power As these words I speak. Harming none, this spell is done. By law of three, so mote it be!" Do this spell at midnight.

CANDLE SPELL TO STOP HARASSMENT

Timing: During the waning moon. Use a brown candle (an image candle, if you can) To represent the person who is harassing you. Write the person's name on the front and back of the candle. On a small piece of parchment paper, write: 'From now on, (name) will say nothing but sweet words about me and to me. By the power of Aradia, so mote it be!'

Put a drop of honey in the middle of the paper and roll it into a ball.

Heat a knife, pin or your athame, makes a gash in the candle (in its mouth, if it's an image candle) and stuff the paper ball into it. Let the candle burn a little while every night for an odd number of nights, to a maximum of nine nights. Throw the remnants into flowing water, but save some candle drippings or ash to sprinkle in the path of your oppressor.

WHITE CANDLE SPELL FOR BLESSING

Get a white candle -- either a plain one (offertory, pillar, or taper) or a figural one in the Gender of the person you want to bless. Carve the person's full name on the candle, Then dress it with Blessing Oil or Holy Oil. For more power, you may place a name-paper Of the person, or a photo, or some personal item of theirs (such as a bit of hair or a snippet Of clothing) either under the candle or next to it. One easy way to do this is to place the Paper or personal concerns under an overturned saucer and put the candle on top of the saucer. Burn a portion of the candle every day for seven days, pinching it out between burnings.

As you light it each day, say this [Name], May you be blessed May all good things come to you May nothing whatsoever harm you May your heart be light May your travels be safe May your health be good May your mind be sound May your friendships sustain you May you be blessed in every way If you have a special request for this person (such as that they find a lover, get a Good job, come home safely from a war, or whatever), just add it to the list.

Some people use a large pillar-type candle and keep it going for longer than seven days. They may make a habit of burning such a candle every day -- or once a week, on Sundays -- for as long as their friend or relative needs help, even doing so for months at a time. If the candle is large and it is to be burned in this way, it should be re-dressed with Blessing Oil or Holy Oil once a week: after the initial dressing, you can drop a tiny bit of oil into the "well" or hole in such a large candle just before lighting it each time.

A CANDLE BINDING

Get a large white candle, the kind that drips wax, and set it up on a tray. Affix to it a photograph or other image of the person you wish to bind.

Make a ring of sea salt around it. Make a second ring with protective herbs.

Some dried rosemary from the kitchen will not break your bank. Or use sage if you like.

Fill the rest of the tray with images that represent what you are binding the person from: pictures

Of your family, keys to your house, legal documents, whatever.

If the problem is too complex for images, write what the person is bound from on slips of

Paper and place them around the candle. Maybe they are gossiping and making your life

a misery. Write it down and explain what you want stopped.

Papyrus, or good thick paper made from cotton or linen work best for this.

I have pinched the first blank page of old books at sales!

Use red ink if you are angry, purple ink if you are sad.

Wrap the candle and the image with black thread (use cotton tread or linen or even wool, if possible).

Invoke Isis and "Linda the Binder With Linen Thread."

Say out loud what you are binding the person from.

Light the candle and leave it burn until the wax begins to drip over the thread and image.

Burn it every day for a week, until the image is thick with wax.

Use this as a meditation device to direct your will to binding the person.

You will have direct results if you have a just reason for this spell.

You can also Bind a person from harming themselves.

TO REVERSE SPELLS CAST WITH CANDLE MAGICK

Light two black candles and chant:

In the name of the Gods and all ye Spirits

In the name of Kernunnos and the light and the dark

And the Gods of the Netherworld

And whosoever shall be casting a curse against me

Let them suffer their own curse

Let these candles be their candles

This burning be their burning

This curse be their curse

Let the pain they have caused me and mine

Fall upon themselves

Do this spell for five consecutive nights (as close to midnight as possible) and each night

Chant the spell until the candles are spent.

BASIC CANDLE SPELL

This type of candle magic is very basic, yet quite effective.

This is a good time to iterate how closely Karma and ethics are intertwined.

You choose your own color of magic, not once, but each time you practice.

Some traditions believe in Karma as "What you do comes back to you".

Keep in mind that for any magic it is best (though not necessary) to do calling

magick, such as money, love, health, luck or anything that brings

Something to you, during the waxing moon (first quarter) to the full moon. Banishing magic,

Such as bindings, quitting bad habits, curses or anything pushing energy away should be

Done during the waning moon (last quarter) to the new moon. These are optimal times,

But you cannot always base your magick around the moon.

Basic candle magic deals

Only with two colors, white and black Correspondence tables at good Wiccan sites.

Envision the white candle as the waxing to full moon and the black candle as the

Waning to new moon. For any calling purposes, use the white candle.

For any banishing purposes, use the black candle.

(Note: Always use candles that are one solid color throughout.

Scratch some wax off to test this if you are not certain.)

You Will Need:

One white or black candle Candle holder Matches or lighter Olive oil

Basic Candle Magic Spell

Perform STEP ONE, Meditation.

For white candle:

Rub oil from the tip of the candle towards the base, while humming and visualizing your

reason for doing this spell. Continue humming and visualizing for about five minutes.

For black candle:

Rub oil from the base of the candle towards the tip, while humming and visualizing your

reason for doing this spell. Continue humming and visualizing for about five minutes.

Continue for either candle. Place the candle into the holder and light it.

Chant your chant for as long as you can while visualizing your purpose.

To chant, use a monotone humming voice.(You should create a specific chant for your purpose.)

It can be as simple as one word or as complex as you wish.)

(Examples: "Money, money, come to me", "bring love", or "Protection surround me, complete serenity".)

When you cannot chant and visualize any longer, put the candle out and repeat the

spell the following night (or day).

After you see the first glimpse of the results of your spell, let the candle burn all the way out.

Remember, after the completion of any spell or ritual, say: "So mote it be."

CANDLE MAGICK

Depending on your goal, you will need to choose the candle color that is appropriate for your task. Different colors represent different things, for example, if you want to use this spell to gain money, You choose a green candle, because green represents money (as well as other things). If you wanted love, you would use a pink candle (or red if it's actually lust you want). Take the candle and engrave it from top to bottom with what it is your need, using the Back side of the blade of a dull knife. (Yes, you can use your athame, but a common butter Knife works if you don't have one). Engrave the first and last initials of the person you want to cast the spell on (your own initials if it's for yourself) on the bottom of the candle in the same manner. After you have engraved your candle, rub incense ashes all over the candle. This means bottom, base, middle, tip, and wick. If you wish, the ashes of the incense may also correspond with your goal. Place the candle in a sturdy candle holder (preferably metal, glass may shatter) and light it. Leave the candle to burn in a safe place. In order for this to work, the candle must be left to burn all the way down. (Optional) If you think it would help, sit in front of the candle for a few minutes and Concentrate on your goal. Meditate on it. Before you leave your candle to finish burning, Repeat a few times what it is your wish for the spell to accomplish. After the candle had burned out, clean the excess wax away from the candle holder, and throw it away. It should take about 24 hours to start working, depending on the goal.

CANDLE CORRESPONDENCES

WHITE: Protection, cleansing, divination, healing, contacting the gods, and clear vision.
 GOLD: Worldly achievement, wealth, recognition, and long life.
 SILVER: Divination, awakening different psychic powers (clairvoyance, telepathy, etc...), astral projection, invoking the goddess, intuition, and repressing unwanted psychic powers or visions.
 RED: Courage, increase life force, determination, action, sexual passion and potency, survival, physical health, strength, pleasure, and willpower.
 ORANGE: Fertility, creative growth, self-esteem, confidence, abundance of all things, and energy.
 YELLOW: Mental exercise, gaining someone's approval, improve memory, increase concentration, and sharpen logic.

GREEN: Healing, gardening, tree magic, growth, good harvest, prosperity, money, and good luck.
 BLUE: Create confidence, discover truth, expand mental horizons, success, and protection.
 PURPLE: Meditation, past-life work, divination, astral travel, psychic protection, prevention of nightmares, and remembrance for parted loved ones.
 PINK: Love, romance, friendship, affection, quiet sleep, rekindling trust, and attracting new friends or lovers.
 BROWN: Locating lost objects, home protection, pet protection, money, ideas, and balance.
 GRAY: Reaching compromises, invisibility, and settling negative emotions.
 BLACK: banishing, leaving a relationship, acknowledging grief, and forgiveness.

SPELL TO CHANGE A SITUATION FROM BAD TO GOOD

Burn 7 white candles at 7pm on a Friday evening. Place another shorter candle into a pot of soil. After 10 minutes, blow out the white candles in turn and allow the shorter candle to extinguish itself in the soil.

WITCH'S HEALING CANDLE SPELL

To help speed a recovery from illness, write the sick person's name upon a white human-shaped candle of the appropriate gender. As you anoint it with three drops of myrrh or mint oil, visualize healing energy in the form of white light flowing from your hands into the candle and say:
 In the divine name of the Goddess
 Who breathes life into us all
 I consecrate and charge this candle
 As a magical tool for healing.
 Place the candle on top of a photograph of the sick person and then light the wick.
 As the candle burns down, concentrate upon the person in the photograph, willing him or her to be well again, and chant the following incantation:
 Magick mend and candle burn,
 Sickness end; good health return.

REVERSING A CANDLE SPELL

Do this 5 nights in a row, at dusk - as the sun dies and darkness descends.
 Light 2 Black candles and as they burn, speak this invocation:
 In the name of the Gods and all ye spirits,
 In the name of Kernunnos, and the light and the dark
 and the Gods of the Netherworld,
 Remove thy curse and sting from my heart and mine.
 And whosoever shall be casting a curse against me,
 Let he or she suffer their own curse.
 Let these candles be their candles,
 This burning be their burning,

This curse be their curse.
Let the pain they have caused me and mine
Fall upon themselves.
The two candles are completely burned each night.

SPELL TO CHANGE FATE

(the wishing candle spell)

Be forewarned, changing may make some parts of your life stronger, yet other parts weaker.

Materials:

- A special candle chosen especially for the spell
- A pentacle with corresponding symbols like Saturn and symbols of what you wish to change written on it.
- 4 black candles smaller than the special candle (wishing candle)

Preparations:

Set up altar with the four candles in each corner, and in the center put the pentacle and the wishing candle over it. Wait to do the spell until the full moon, and then make sure you do it at night and where the stars are in full view.

Procedure:

On the new moon, look unto the sky for the 7 brightest stars. Hold up a lighter and say/chant:

"I wish I may, I wish I might, have the wish I wish this night.

For change of _____ this night I ask, and by the flame, I ask it last.

Seven brightest stars in the sky, light the flame I hold high."

With this light your lighter, light the wishing candle, and light the little candles in it's flame.

Now go about business as usual.

NEW JOB CANDLE BURNING MAGICK

Goddess Candle God Candle Incense Green Candle Good Luck Oil

Black Candle Banishing Oil Petitioner Candle

Build your altar. Place the Petitioner candle beneath the Goddess

candle and place the green and black candles beneath the God candle.

Light the incense. Anoint the black candle with banishing oil and say,

"I empower this candle to absorb all negative forces acting upon me.

As this candle burns, let it's powers engulf all obstacles in my way,

leaving my path clear for success."

Light the black candle. Anoint green candle with good luck oil and say,

"I empower this candle to bring me good luck, prosperity and success

in acquiring a new and better job. As this candle burns, so might it

be a beacon for good fortune and prosperity." Light the green candle.

You need not anoint the petitioner candle, but focus strongly on this person

(if it is yourself, see yourself in your new job) as you light it, saying,

"As this candle represents {name}, let it be a beacon for positive forces and energies.

As this candle burns bright, so does the light of {names}'s heart burn bright with ambition and desire for a new, better job."

Concentrate firmly, directing your power to the petitioner candle, which is receiving the energy from the green candle that is burning. After ten minutes or so of concentration, extinguish the candles in the reverse order in which you lit them. Each day, repeat the spell, moving the green candle two inches closer to the petitioner.

Your spell is complete when the two candles touch.

NEW EMPLOYMENT JOB SPELL

Materials:

Goddess Candle God Candle Incense Green Candle Good Luck Oil

Black Candle Banishing Oil Petitioner Candle (see astral chart)

Place the Petitioner candle beneath the Goddess candle and place the green and black candles beneath the God candle on the altar.

Light the incense. Anoint the black candle with banishing oil and say,

"I empower this candle to absorb all negative forces acting upon me.

As this candle burns, let it's powers engulf all obstacles in my way,

leaving my path clear for success."

Light the black candle.

Anoint green candle with good luck oil and say,

"I empower this candle to bring me good luck, prosperity and

success in acquiring a new and better job.

As this candle burns, so might it be a beacon for good fortune and prosperity."

Light the green candle.

You need not anoint the petitioner candle, but focus strongly on this person

(if it is yourself, see yourself in your new job) as you light it, saying,

"As this candle represents {name}, let it be a beacon for positive forces and energies.

As this candle burns bright, so does the light of {names}'s heart burn bright

with ambition and desire for a new, better job."

Concentrate firmly, directing your power to the petitioner candle, which is receiving the energy from the green candle that is burning. After ten minutes or so of concentration, extinguish the candles in the reverse order in which you lit them.

Each day, repeat the spell, moving the green candle two inches closer to the petitioner.
Your spell is complete when the two candles touch.

CANDLE SPELL TO GET A JOB

This spell should be used only after you have submitted your resume or application.
With a pin or sharp knife, write the name of the company(s) you want to work for on the side of a large green candle. On a red candle, you need to carve the victory rune
(Tiwaz, it looks like an arrow, pointing up) and your full name. Burn both candles for 30 minutes on Thursday after the sun sets, while visualizing yourself getting the kind of job you want. At the end of the 30 minutes, snuff the candles (do not blow them out).
Burn them each Thursday after that for 15 minutes until they burn out, or until you get the job.
Dispose of the candles and leave a small bowl of milk outside overnight as an offering.

SINUS-CLEARING CANDLE

This is a candle you can make easily with household items. It's good for clearing sinuses, and I've seen the aloe portion cure colds.
This is an effective form of aromatherapy.
Take a small votive candle holder, enough green candles to melt into the holder, a large amount of fresh garlic, a spike from an aloe plant, (ask permission first,) and a handful of cloves. Melt all these into the candle carefully.
Leave overnight for the wax to dry. Then, burn.

ALL PURPOSE CANDLE ANOINTING OIL

--1 cup rose petals 1 cup violets 1 cup water 1 cup olive oil 1 tbs clove oil
--2 teaspoons powdered cinnamon 1 tablespoon powdered myrrh 1/4 cup wild fennel seeds
Gather rose petals and violets at sunrise. Place them in a clean ceramic crock.
Cover with water (fresh rain water, preferably) and let crock sit in a sunny location for three days until an oily film (the essential oil of the flowers) is seen floating on top of the water.
Remove oil from water by carefully absorbing it into a small cotton ball.
Squeeze out oil into a clean, long-necked glass bottle. Add olive and clove oils, and swirl gently in a clockwise direction to slowly agitate oils.
Next, add cinnamon, myrrh, and fennel seeds.
Seal bottle tightly and store it in a dark, cool place.
After four weeks, strain through cheesecloth and use to anoint candles.

COLOR CORRESPONDENCES FOR CANDLE MAGICK

Light, like all things, vibrates. Every color vibrates at a different speed.

The different vibrations of various colors can be used by our brains in the rituals we perform for healing, meditations, magic, or any thing we wish. This is called practical magic because we are using an Element, this time Light. Each color represents a principle or value.

Red - Energy, Strength, Passion, Courage, Element of Fire, Career Goals, Fast Action, Lust, Blood of the Moon, Vibrancy, Driving Force, Love, Survival

Orange - Business Goals, Property Deals, Ambition, Career Goals, General Success, Justice, Legal Matters, Selling, Action

Copper - Passion, Money Goals, Professional Growth, Fertility in Business, Career Maneuvers

Gold - Wealth, The God, Promote Winning, Safety and Power of the Male, Happiness, Playful Humor

Yellow - The Sun, Intelligence, Accelerated Learning, Memory, Logical Imagination,

Breaking Mental Blocks, Selling Yourself

Pink - Romantic Love, Planetary Good Will, Healing of Emotions, Peace, Affection, Romance,

Partnerships of Emotional Maturity, Caring, Nurturing

Green - Earth Mother, Physical Healing, Monetary Success, Abundance, Fertility, Tree and Plant

Magic, Growth, Element of Earth, Personal Goals

Blue - Good Fortune, Opening Blocked Communication, Wisdom, Protection, Spiritual Inspiration,

Calm, Reassurance, Gently Moving, Element of Water, Creativity

Purple - Influencing People in High Places, Third Eye, Psychic Ability, Spiritual Power, Self Assurance,

Hidden Knowledge

Silver - Telepathy, Clairvoyance, Clairaudience, Psychometry, Intuition, Dreams, Astral Energies,

Female Power, Communication, The Goddess

Brown - Influence Friendships, Special Favors

Black - Protection Repelling Negativity, Binding,

Shapeshifting

White - Spirituality, The Goddess, Peace, Higher Self,

Purity, Virginity (which means that the woman's mind is her own, and not controlled by a man) white may also be substituted for any other color.

DRESSING A CANDLE FOR RITUAL

Chose type and color of candle appropriate for ritual.

Cleanse the candle prior energies: you may use water, salt, pure soap, or baby oil

(all previously blessed and consecrated).

Bless and consecrate oil to be used, appropriate to ritual.

State and engrave (if you wish) what the candle is to represent.

Anoint the candle with oil and focus on desire (purpose of ritual).

For ritual of achievement: anoint oil from the top of the candle to the middle in a downward motion, then from the bottom of the candle to the middle in an upward motion.
 For ritual of banishment: anoint oil from the middle of the candle to the top in a downward motion.
 Bless and consecrate the candle.
 Meditate on desired outcome.
 Some do not use matches to light candles, the sulfur is considered unclean. If you feel this, use an incense starter or stick to light your candles.
 To extinguish a candle, snuff it out or wave your hand over it hard enough to make a breeze to put it out.
 Do not blow or pinch it out.
 Blowing a candle out blows desires away, and pinching a flame pinches out desires.

CANDLE MAGICK

Candle magic is used with visualization and intent toward whichever goal or need you have.
 Candles are an effective tool for concentration. Also, different colors or scents will provide varying energies to help you with your goal. Colors are powerful symbols.
 Many different belief systems incorporate color into rituals, and candle magic is one way to do so...
 red...symbolizing the element Fire and the direction of the South, red is used for strength, physical energy, courage, sex, and passion.
 pink...a candle for love spells (remember that these should never be performed against another's will...) also friendship and compassion. Pink is for emotional needs.
 yellow...symbolic of the element Air and the direction of the East, yellow provides energy for matters of intellect, divination, travel, and eloquence.
 green...symbolizing the element Earth and the direction of the North, use green for prosperity, fertility, employment, growth and healing.
 blue... symbolizing the element Water and the direction of the West, blue candles are used for healing, peace, happiness and psychic growth.
 purple...use this color for matters of spirituality, power, meditation.
 white...associated with the Moon, white is used for protection, purification, divination and is an all purpose candle.
 black...use black for banishing negativity, or absorbing it when you feel the need for this.
 Also, burn your candles on the days of the week that correspond with your wish.
 This helps to bring planetary energies to your goal.
 Sunday is ruled by the Sun and yellow candles are used on this day.
 Monday is ruled by the Moon...use white candles
 Tuesday is ruled by Mars...use red candles
 Wednesday is ruled by Mercury...use purple candles

Thursday is ruled by Jupiter...use blue candles
 Friday is ruled by Venus...use green candles
 Saturday is ruled by Saturn...use black candles
 If you wish to add more power to your candle magic, anoint your candles with an appropriate oil before burning them. As you are doing this, visualize your need and focus your energy towards that.
 love...rose, apple blossom, gardenia, jasmine, ylang-ylang
 sex...cinnamon, patchouli, lavender, clove, musk, vanilla, tuberose
 luck...basil, bayberry, vervain
 protection...bergamot, cinnamon, cinquefoil, sandalwood
 prosperity...mint, basil, vervain, hyssop, bergamot
 purification...frankincense, benzoin, sandalwood, myrrh
 divination...nutmeg, lemon grass, acacia, lilac, lotus, narcissus
 banishing...carnation, rue

CREATING CANDLE MAGICK

The best type of spell is one you have created yourself. Remember, as much energy as you put in your magick, is as much energy as you'll get out.
 You may also wish to enhance the effect with an appropriate scent and/or an appropriate Gem or Stone and even an Herb. There is also a corresponding color, day, element and moon phase, all in which, not really necessary, but will give added enhancement and power to the magic desire. All of these elements together will manifest to one heck of a wish being put out there upon the elements. Now a perfect moon or day is not a mandatory condition, neither are all the rest of the enhancements. Sometimes, just the simple act of lighting of a candle will do. For example, the in-laws are on their way over. In order for the night to go well and no tensions or worries for the night, light a scented candle, perhaps with Jasmine or Lavender and a pink or Blue color too. This not only looks very warm and inviting, but the candle is sending out your wishes for a stress free night and the scent is working to calm and ease the tensions in the room at the same time! Your mother-in-law just may think you are okay after all while the whole time you were performing magic!!!! In your magic journal or on parchment paper list your goal, the intended result, and a chant, prayer or poem for your spell. For example if your goal is true love and a marriage proposal, your magical journal (or parchment paper) may look like this:
 GOAL: TRUE LOVE
 INTENDED RESULT: Happiness, Marriage
 CHANT: TRUE LOVE, FIND ME NOW,
 BRING WITH YOU, HAPPINESS AND MARRIAGE VOW
 The whole time you are saying this, you will be concentrating on the outcome of the wish

as you have envisioned it along with the way in which it will be fulfilled. Picture yourself with your desired results, happy, in love, married, home, etc. Take a few moments to do this make it a complete picture in your mind. Then take your candle (for this example a pink one) place in an area so it will be undisturbed. (Please use all precautionary actions in this too. Remember safety of yourself and others.) Determine the day of the week (Friday for manifesting new love) and determine the MOON (in this example, you will need a WAXING MOON, to bring".) Gather all your energy, thoughts, concentration and picture your desired results as you light your candle. At this point you have now all the elements of the magic working for you. There is the Air, Water, Earth, Fire, Spirit and Will that you have just released and sent out. Stay thinking about this for a few minutes more of uninterrupted thoughts. At this time, you can see whether your wish has or is having an effect by the way in which the flame is behaving. Study its movements and the speaking it is doing. Remember to relate it to the situation. If your candle goes out, it may be telling you to try again on another night when you can concentrate a little more. Never relight the same candle. The same is true if the candle breaks or is broken. Do not use it again. It is best to just use the one you tried with for other non-magical purposes and get a new one to try again. Let the candle burn undisturbed until extinguished. At this time too, take a look and see if the melted wax from the candle left you a message. See if you can discern anything from the image the melted wax left for you. Please, don't be disappointed if you do not see anything remarkable or even fairly recognizable. A further message is not always necessary and will not always be there. But when one is, wow!, really neat and fun too! When you are through, you can throw the remains away or bury them outside in the ground if you are so inclined. If you have used a "petition card" (the wish written on a piece of paper or actual cards intended for this reason and burned during the wish making), blow the ashes to the wind in the appropriate direction of your wish while at the same time, thanking the elements for taking up your wish and fulfilling what you desire most. Your thoughts again, at this time are highly tuned and you must be careful in where they are going to fly. Try to ground yourself and your energies after you have completed the task so that the energies you produced can be released to the elements

in hopes of fulfillment. You will find Candle Magick is a wondrous and powerful tool.

The above is an example only, again the best one is one you make yourself.

Use this as a guideline and remember the intention and the sincere wish is what is important.

CANDLE SPELL AGAINST PSYCHIC ATTACK

--white candle red candle black candle

Imagine a blue ball of energy inside the candles. Caress the candles as you chant:

Goddess of Three, I call upon thee,

To protect from those who wish to harm me

Keep them from using the gift from thee

Keep them from using thy gift to harm me

When you finish chanting, imagine the blue ball exploding into lines of blue.

Imagine the lines surrounding you and wrapping you in warm blue energy.

See the blue light as a shield. Know that it is unbreakable.

Think about how it is the Goddess' Light protecting you.

Then put the candles someplace where they can burn

undisturbed and let them burn themselves

out, sending all the energy into your shield. This spell is best performed during the full moon.

For longer effects you can make it a seven-day spell.

ADORATION CANDLE MAGICK

On your altar, place two red candles at either end.

Before doing this, rub the two candles

with rose essential oil. Again, on Friday, the day of the week devoted to the Goddess Aphrodite,

perform this task to attract your beloved. Write your name on one candle, and your beloved's on

the other. If you do not know his or her name, simply write "my beloved" or "my true love".

Again try to use language that will ensure positive magic.

If you simply write "handsome" you

may well end up with someone gorgeous, but who is harmful for you in some other way.

Each evening at seven, light the candles and move them slightly closer together.

Carve into your candle a word of special significance to you, perhaps taken from your insights

when you performed the wishful thinking task. Perhaps the word "devoted" should be carved

into your beloved's candle. On your own, write the same.

Meditate on this quality for several

minutes, then snuff out the candles. Repeat this for seven nights, using a different quality each

time, until on the seventh, the following Friday, both candles are finally standing as close together

as possible. Light them and let them burn down and out.

If any wax remains, scatter it before you

as you walk through a beautiful place, wishing it to bring good fortune to others hoping for love.

CANDLE BINDING

Get a large white candle, the kind that drips wax, and set it up on a tray.

Affix to it a photograph or other image of the person you wish to bind.

Make a ring of sea salt around it. Make a second ring with protective herbs.

Fill the rest of the tray with images that represent what you are binding the person from:

pictures of your family, keys to your house, legal documents, whatever.

If the problem is too complex for images, write what the person is bound from on slips of

paper and place them around the candle. Papyrus, or paper made from cotton or linen

work best for this. Use red ink if you are angry, purple ink if you are sad.

Wrap the candle and the image with black thread (linen, if possible).

Invoke Isis and Linda, the Binder With Linen Thread.

Say out loud what you are binding the person from.

Light the candle and leave it burn until the wax begins to drip over the thread and image.

Burn it every day for a week, until the image is thick with wax.

Use this as a meditation device to direct your will to binding the person.

CANDLE SPELL FOR JUSTICE OR HELP IN LEGAL MATTERS

It does not require a sword only Tarot and candles.

You might want to burn some herbs or incense associated with justice while doing this spell.

Also a simple yet incredibly powerful protection spell is done with a small or medium sized mirror you can hold in your hands.

While holding the mirror facing outwards in other words not showing your reflection but turned to reflect out, turn in a counter clockwise circle to banish while saying:

Circle of reflection, Circle of protection,

May the sender of all harm, Feel the power of this charm.

This does not send any negative energy at the sender hence eliminating the cause

and effect portion of negativity adding to negativity but it reflects back anything being

directed at you. So it bounces off you instead of affecting you.

Circle three times full round chanting this or until you feel it is complete, then make

a closing statement such as: So Be It

HEALTH SPELL

Description:

This is actually an example of candle magick. Grind some nutmeg and mix it into

the wax as you prepare the candle. Add some vanilla extract to the wax for smell.

Light the candle and let the fumes fill your house.

This works well against the flu and the dreaded cold.

If you combine this with some jewel therapy remember that sapphire is a general

enchanter and that agate is said to reduce fever.

TO MAKE A CANDLE:

First you will need to buy a sheet of wax from a craft or hobby store.

Cut it into several chunks and fill a coffee can roughly half full with it.

Place the can in a pot that has water in it. The water level should not be higher than the

can because sometimes water will spill or boil over. Heat the pot of water and when the

wax has turned into a fairly clear liquid, use a pair of tongs to pour it into a frame.

Some people make their own frames out of sheet metal.

Keep the frame upside down

and suspend a wick with an extended rod, letting the wick hang down with a little extra

at the end to light. It's okay to use empty tuna fish cans to create votives and feel free to

experiment with other designs.

HEALING FIRE CANDLE SPELL

You will need: -- Three Purple Candles Three Blue Candles Photograph of yourself .

Place the candles in a circle around the photograph.

Charge each candle individually:

"I charge you by the powers of fire East, South, West, and North;

I charge you by the powers of The Earth, Air, Fire and Water.

I charge you by the powers of The Sun, the Moon, and the Stars:

To heal me of this disease (or ailment) Its causes and its manifestations.

So mote it be!" Now, after you light each candle, say:

"Burn the sickness in your flame Burn the sickness that would maim.

Burn the illness by your might Burn the illness in your light.

Heal me of illness and pain Heal me of all that is bane. Heal me and set me free With my will so must it be!"

Do this spell as many nights in a row that you need to.

QUICK CANDLE HEALING SPELL

On a blue candle, use a pin to inscribe-moving from the base to the tip-the name

of the person who is ill. Pierce the candle with the pin and leave it there.

Let the candle burn down and extinguish itself.

HEALING CANDLE SPELL

You will need 7 candles. One white for the Lady, one yellow for the Lord.

One orange for encouragement and attraction, one for yourself according to your astral color, and three red candles for strength and health. You can burn some type of light incense if you like. Light the Lord and Lady candles first then light the incense.

Sit for a few moments and think of goodness and health coming into you.

Light the petitioner's candle and picture the person and say:

Here is _____ in excellent health.

Blessings from the Lord & Lady be upon him.

Light the orange candle and say:

This flame draws all that is good to _____.

It draws health and strength and all he desires.

Light red candles saying:

Here is health and strength three fold.

Take into _____ to serve and build him as the Lord and Lady would wish.

Sit and meditate on your good health you desire.

Extinguish the candles.

Repeat this every Friday for 7 days, each time moving the red candles closer to the petitioner candle. On the 7th Friday they should touch the petitioner's candle.

CANDLE JUSTICE SPELL

First, you must recite the opening chant:

"I move outside the limits of time to work my spell

The dragons help me weave the universal energy

The things that now exist become what I desire

The tides of Magick answer unto me"

Then, you need a tarot deck. Cards needed: Justice, The World, and nine of cups

Candles needed: gray, orange, indigo, purple, black, and gold.

Arrange the cards IN ORDER, left to right: Justice, The World, and then 9 of cups.

Arrange the candles below the cards IN THIS ORDER:

gray, orange, indigo, purple, black,

and gold. Light the candles and after clearing your mind, say:

"Gray mists to hide what I must do.

Orange light to change my luck and give me power.

Indigo strength to stop gossip and lies.

Purple power to break bad luck and drive away evil.

Great black walls to protect me from my enemies.

Sun-gold beams to give me fortune and success.

I stand surrounded by these powerful lights.

I ask the dragon's help to succeed in my case."

Concentrate a few moments on the cards and your objective.

After this you must say the closing chant:

"My thanks to the dragons, great and small, who came to answer my call,

We wove the Magick, wild and free, And as I will, so shall it be."

Place the candles in a safe place so they will not catch anything on fire,

such as a sink or even in the bath tub, and allow them to burn themselves out.

REVERSING CROSSED CONDITIONS WITH A BLACK CANDLE

If you know who has put a crossed condition on you and you want to reverse the jinx onto them, burn a black candle on their name (putting their name on a paper beneath an overturned saucer under the candle) or carve their name on the candle.

If you don't know the name of the person who did this trick to you, carve the words "My Enemy"

on the candle. Any black candle will do, but if you use a

black candle in the figure of the Devil,

carve their name on it, and dress it with Cast Off Evil

Oil, things will go harder with them.

Burn the black candle on the toilet tank, a little bit each night, pinching it out between burnings.

Burn it while the moon is growing smaller -- then, on the dark of the moon, the darkest night of

the month, turn the burning black candle upside down and extinguish it in the toilet bowl, saying

"Thus will you, [name of enemy], meet your fate!"

Throw the remaining black candle stub and wax into a crossroads -- or into the yard of the person

who had put the roots on you or jinxed you.

PRESSED FLOWER CANDLES

These candles are a great bathroom accent. Pansies make some of the best candles.

You can also use greenery such as fern or leaves, those purple leaves are great.

You display the flowers and greenery on the candle beneath a thin layer of wax.

You will need: Pillar candles Pressed flowers (your choice)

Pressed greens (your choice)

raffia, (optional) craft glue or hot glue paraffin wax

sauce pan metal bowl tongs

news paper, an old towel, or use wax paper.

To make these lovely candles:

Very carefully, or with tweezers, pick up flowers and greenery. Arrange on candle.

Also very carefully add a touch of glue to the backs of the flowers and greenery you can use

a tooth pick or Q-Tip to make it easier.

Let it sit for about 15 minutes to allow glue to dry completely.

Fill sauce pan with water and warm over medium low heat.

Balance metal bowl on rims so it sits above the waters surface. Melt wax this way.

Hold candle by the wick, either with your fingers (long wick) or for safety with piers or tongs.
Dip candle into the wax entirely. Remove slowly.
Place candle on wax paper and allow to dry very well.
Most flowers are great with this idea, and fern, cedar and oak leaves are very nice.
You can also splash things up a bit by adding colored leaves around the candle before dipping for a stunning effect. You can also adorn with wheat or cat tails.

COLORS FOR CANDLES

White- All purpose
Red- Love, passion, creativity.
Blue- Peace, wisdom, healing, integrity.
Orange- Work, career, education.
Brown- Friendship
Green- Healing, money, nature.
Violet- Spirituality
Black- Banishing Negativity
Silver- Psychism, color of Goddess
Gold- Color of God

CANDLES FOR A PASSIONATE LOVE SPELL

To draw a passionate love your way, during a waxing Moon gather two taper candles, one pink and one red, and some red thread and jasmine oil.
Anoint the candles with jasmine oil using your fingertips, then light them while visualizing the flames of passion growing between yourself and new, but yet unknown, love.
Link the candles together by making a figure eight between them with the thread while repeating:
"Flames of passion and seeds of romance grow;
I open my heart to love. Now the one who seeks me shall come."
For best results, enact the spell on three consecutive nights.

PROSPERITY SPELL

Things you will need: 1 gold candle 6 green candles 9 white candles
Pine oil (for anointing the candles) salt
The spell is to begin at one minute past midnight sun time on the night of April 30 (May 1), July 31 (Aug 1), Oct 31 (Nov. 1) and Jan 31 (Feb 1) In other words, on the first minute of the cross quarter day. Spell:
All candles must be dressed with pine oil and then arranged as follows:
Gold candle in the center.
Green candles in a circle around gold candle.
White candles in a circle around green candles.
At one minute past midnight on the appointed day, trace a salt circle around the outermost circle of candles, light the gold candle first, then the green candles,

moving deosil (clock wise), then the white candles, moving deosil.

Circle the altar three times, chanting:

"Orbiting Jupiter trine the sun, bring money on the run."

Do the chant 3 times. Sit quietly for a few minutes and visualize your monetary needs.

Then snuff (do not blow or pinch) the candles in reverse order.

LOVE SPELL

Materials: 1 pink candle 1 bottle of 100% Virgin Olive oil

Process:

Take the candle and place it on a table or your altar. Now take the olive oil and rub on to the candle starting in the middle and going up, then starting in the middle going down.

While purifying the candle with the oil you want to recharge the candle with love and desire, so visualize love and channel all your emotion into the candle.

After the oil is finished, take a knife and carve what it is you want into the candle.

CREATING CANDLE MAGICK

One of the simplest of magical arts which comes under the heading of natural magick is candle burning. It is simple because it employs little ritual and few ceremonial artifacts.

The theatrical props of candle magick can be purchased at any department store and its

rituals can be practiced in any sitting room or bedroom.

Most of us have performed our first act of candle magick by the time we are two years old.

Blowing out the tiny candles on our first birthday cake and making a wish is pure magic.

This childhood custom is based on the three magickal principals of concentration, will power and visualization. In simple terms, the child who wants his wish to come true has to concentrate (blow out the candles), visualize the end result (make a wish) and hope that it will come true (will power).

The size and shape of the candles you use is unimportant, although highly decorative,

extra large, or unusually shaped candles will not be suitable as these may create distractions

when the magician wants to concentrate on the important work in hand. Most magicians

prefer to use candles of standard or uniform size if possible. Those which are sold in different colors for domestic use are ideal.

The candles you use for any type of magical use should be virgin, that is unused. Under no circumstances use a candle which has already adorned a dinner table or been used as a bedroom candle or night-light. There is a very good occult reason for not using anything but

virgin materials in magic. Vibrations picked up by secondhand materials or equipment may disturb your workings and negate their effectiveness. Some magicians who are artistically inclined prefer to make their own candles for ritual and magical use. This is a very practical exercise because not only does it impregnate the candle with your own personal vibrations, but the mere act of making your own candle is magically potent. Specialist shops sell candle wax and molds together with wicks, perfumes, and other equipment. The hot wax is heated until liquid and then poured into the mould through which a suitably sized wick has already been threaded. The wax is then left to cool and once this has occurred the mould is removed, leaving a perfectly formed candle. Special oil-soluble dyes and perfumes can be added to the wax before the cooling process is complete to provide suitable colors and scents for a particular magical ritual. Craft shops which sell candlemaking supplies can also provide do-it-yourself books explaining the technicalities of the art to the beginner.

Once you have purchased or made your ritual candle it has to be oiled or 'dressed' before burning.

The purpose of dressing the candle is to establish a psychic link between it and the magician through a primal sensory experience. By physically touching the candle during the dressing procedure, you are charging it with our own personal vibrations and also concentrating the desire of your magical act into the wax. The candle is becoming an extension of the magician's mental power and life energy.

When you dress a candle for magical use, imagine that it is a psychic magnet with a North and a South pole. Rub the oil into the candle beginning at the top or North end and work downwards to the half-way point. Always brush in the same direction downwards. This process is then repeated by beginning at the bottom or south end and working up to the middle.

The best type of oils to use for dressing candles are natural ones which can be obtained quite easily. Some occult suppliers will provide candle magic oils with exotic names. If the magician does not want to use these, he can select suitable oils or perfumes from his own sources. The oils soluble perfumes sold by craft shops for inclusion in candles can be recommended.

the candles you use can be colored in accordance with the following magical uses:

white- spirituality and peace. red- health, energy, strength, courage, sexual potency.

pink- love affection and romance. yellow- intellectualism, imagination, memory and creativity

green- fertility, abundance, good luck and harmony blue- inspiration, occult wisdom, protection

and devotion purple Material wealth, higher psychic ability, spiritual power and idealism

silver- clairvoyance, inspiration, astral energy and intuition orange- ambition. career matters and the law.

If you wanted to use candle magic for healing, you would select a red candle to burn.

To pass an exam, burn a yellow candle, to gain esoteric knowledge burn a blue candle or for material gain, burn a purple one. It is obvious these colors relate to the signs of the zodiac and the planetary forces.

The simplest form of candle magic is to write down the objective of your ritual on a virgin piece of paper. You can use color paper which matches the candle. Write your petition on the paper using a magical alphabet, such as theban, Enochian, malachain, etc. As you write down what you want to accomplish through candle magic-- a new job, healing for a friend, a change of residence, a new love affair, etc.-- visualize your dream coming true.

Visualize the circumstances under which you might be offered a new job, imagine your employer telling you that your salary has been increased or conjure up a vision of your perfect love partner.

When you have completed writing down your petition, carefully fold up the paper in a deliberately slow fashion. Place the end of the folded paper in the candle flame and set light to it. As you do this concentrate once more on what you want from life. When you have completed your ritual, allow the candle to have completely burned away.

You do not need to stay with the candle after the ritual, but make sure that is safe and that red-hot wax will not cause damage or fire. Never re-use a candle which has been lit in any magical ritual. It should only be used in that ritual and then allowed to burn away or be disposed of afterwards.

If you are conducting a magical ritual which involves two people (e.g. an absent healing for a person some distance away) then the second person can be symbolically represented during the ritual by another candle. All you need to do is find out the subject's birth date and burn the appropriate candle for that zodiacal sign.

These are as follows.

ARIES red

TAURUS green

GEMINI yellow

CANCER silver

LEO orange

VIRGO yellow

LIBRA pink

SCORPIO red

SAGITARIUS purple

CAPRICORN black

AQUARIUS all colors
PISCES mauve

CANDLE COLOR CORRESPONDENCES

The color of a candle is very important when working Magick or ritual.

Below is a list of candle colors and what they mean.

Black Meditation rituals, Uncrossing rituals, and Spells to banish evil and negative energy.

Blue Honor, Loyalty, Peace, Tranquillity, Truth, Wisdom, Protection during sleep,

Astral projection, Dreams, Water.

Brown Location of a lost object, Concentration,

Telepathy, Protection of familiars, Earth.

Gold Cosmic influences, Solar deities, The God

Gray Neutralizes negative energies

Green Fertility, Success, Luck, Prosperity, Money, Youth, Ambition, Greed and Jealousy,

Earth, The Goddess.

Orange Energy.

Pink Love, Friendship, Femininity.

Purple Psychic manifestations, Healing, Powers, Success, Independence, Protection.

Red Fertility, Love, Health, Physical strength, Revenge, Anger, Willpower, Courage,

Magnetism, Fire, The God.

Silver Remove Negativity, Stability, Influence, The Goddess.

White Consecration, Meditation, Divination, Exorcism, Healing, Clairvoyance, Truth, Peace,

Spiritual strength, The moon and Lunar energy, Can be used to replace any other candle.

Yellow Confidence, Attraction, Charm, and Persuasion, Air, The sun.

CANDLE SLEEP SPELL

Take a white household candle and light it without a word.

Walk counterclockwise around your bedroom three times.

As you do this, project simple protective phrases into the walls, floors, and windows such as:

"keep me safe" etc.

Next, walk clockwise three times in silence, meditating on positive, restful phrases.

Finally, blow out the candle, whisper the word "sleep" and turn in for the night.

Note that this spell does not need to be repeated to continue working.

Instead, simply light the candle for a few minutes each night, then whisper "sleep" again

before getting into bed. When the candle is completely spent, repeat the original spell

with a new white candle.

ROOM CANDLE CLEANSE

You need: White candle and holder Salt

Place the candle in the middle of the room. Sprinkle the salt in a circle

deosil around the candle. Light and say:

Creature of wax Creature of fire

Listen to me Hear my desire

Cleanse this room By the power of three

And blast away all negativity

With harm to none So shall it be

Leave to burn for at least 1 hour

IV. CAULDRONS

THE CAULDRONS AND ITS USES

Using a cauldron, symbol of inspiration and rebirth, has brought new dimensions to both group and solitary work.

A cauldron decorates the center of the Circle during Lesser Sabbats. An air cauldron at a spring rite creates a misty, magical quality for the ceremony. In summer, the cauldron will flash and spark. A blue flame burns mysteriously within the Water cauldron during the autumn festival. Throughout Yule, the Earth cauldron burns steadfast and constant. During moon rites, when magick is done, we write the purpose of our working on flash papers and toss them into the burning cauldron while chanting.

A working cauldron should be of cast iron, with a tight-fitting lid, three sturdy legs, and a strong handle. Season your cauldron before using it for the first time. Pour in generous helping of salt and lighter fluid, slosh it up to the rim and wipe dry. For indoor use it MUST have a fireproof base or your workings will summon up yellow-coated salamander spirits from the fire department.

EARTH Cauldron

Layer salt, wax shavings, three powdered or ground herbs, lighter fluid and ivy leaves in the cauldron while focus and chanting. Use a candle to light it. When the smoke starts to roll, extinguish the cauldron by putting the lid on.

AIR Cauldron

Using tongs, put a chunk of dry ice in a small glass or ceramic bowl and place the bowl on a cloth in the bottom of the cauldron. Allow the cauldron to smoke as long as the ice lasts. The mists create excellent images for scrying.

FIRE Cauldron

Cover the inside bottom with dirt or sand to dissipate heat. Light incense charcoal and add either salt-peter for flame and spark or flash powder for a different but spectacular effect. To assist in releasing or firing off peak energy, try using flash "bombs". Make a small pocket in a piece of flash paper, fill with flash powder and tie with thread. The "bomb" should be about the size of your smallest fingernail. The results are spectacularly bright,

so use the powder sparingly. Don't look directly at the flash as you drop the "bomb" in the cauldron.

WATER Cauldron

At least seven days before the ritual, place equal quantities of three appropriate herbs in a pint glass jar. Fill the rest of the jar with Everclear (200 proof alcohol), cap tightly, and shake gently while concentrating on the purpose of the ritual. Add a chant if it feels right. Let the jar rest in a dark, warm spot and shake twice daily, charging with purpose. Before the ritual, place a fireproof ceramic or glass bowl in the cauldron. Pour in the herb mixture, being careful none spills into the cauldron. Light with a candle to produce a beautiful blue flame.

The cauldron, as the fifth elemental spirit, symbolizes inspiration, rebirth, illumination and rejuvenation. Use a Fire cauldron with salt-peter to cast a Circle. Use the mists of an Air cauldron for an initiation. Burn away hate, prejudice and negative self-images, with a Water cauldron. The Earth cauldron is ideal for indoor Beltane rites.

Remember to place a burning cauldron on a fireproof surface. Practice safety when using any volatile materials and you will enjoy your cauldron for many rites.

V. CHANTS

BELTANE AND MAYDAY CHANTS

BELTANE CHANT ONE

Here we come a piping,
In Springtime and in May;
Green fruit aripening,
And Winter fled away.
The Queen she sits upon the strand,
Fair as lily, white as wand;
Seven billows on the sea,
Horses riding fast and free,
And bells beyond the sand.

Valiente, Doreen; "Witchcraft for Tomorrow";
Phoenix Publishing 1985

BELTANE CHANT TWO

The High Priestess and High Priest lead a ring dance around the bonfire. Start out with "A Tree Song" from Rudyard Kipling's "Weland's Sword" story in "Puck of Pook's Hill".

"Oh, do not tell the Priest of our Art,
Or he would call it sin;
But we shall be out in the woods all night,
A conjuring summer in!
And we bring you news by word of mouth
For women, cattle and corn
Now is the dun come up from the South
With Oak, and Ash and Thorn!"

Farrar, Janet and Stewart; "Eight Sabbats For Witches"; Robert Hale 1983

STAG CALL also MAYCHANT THREE

The men gather around the fire, next to their partners, and they say in unison:

"I am the stag of seven tines;
I am a wide flood on the plain;
I am a wind on the deep waters;
I am a shining tear of the sun;
I am a hawk on a cliff;
I am fair among flowers;
I am a god who sets the head afire with smoke."

POWER OF TOTEM ANIMAL CHANT

Come to us: Eagle, Wolf, Bear and Cougar.
Dance we now The Power dances.

Eagle soaring above the peaks,
Share with us freedom, majesty and fighting skills.
Teach us lessons we need to learn.
Dance with us The Power dances.

Wolf, cunning tracker, by day or night.
Share with us endurance, courage and adaptability.
Teach us lessons we need to learn.
Dance with us The Power dances.

Bear, trampling along earthen paths,
Share with us Mighty strength and sense of smell.
Teach us lessons we need to learn.
Dance with us The Power dances.

Cougar, lonely tracker of terrains,
Share with us Agility,
stamina and endless curiosity.
Teach us lessons we need to learn.
Dance with us The Power dances.

Movements slow
Movements rapid.
Frenzied swaying
Upward, downward.
Dipping, turning
Round and round.
Dance we now The Power dances.

Dancing partners,
You and I.
With me, in me
I am you, you are me.
Together as one,
Yet separate, too.
Dance we now The Power dances.

Awaken now All Spirit Beings,
To dance the dances With your human kin.
Dance the Cycles Of Life and Death,
Hope and Fear,
Good and Evil.

Dance the Cycles,
Now and Again.
Lowerworld,
Upperworld,
Journeying now and forevermore.
Of Time and Space All is Once,
There is none.
Dance the dances Again and again.

PROTECTION

Visualize a triple circle of purplish light around your body
while
chanting:

I am protected by your might,
O gracious Goddess, day and night.

Another of the same type: visualize a triple circle and
chant:

Thrice around the circle's bound,
Evil sink into the ground.

VI. CIRCLES

ELECTRIC CIRCLE CEREMONY FOR SOLITARIES

WATER:

Blessings upon thee, O creature of water, I cast out from
thee all impurities and uncleanness of the spirits of
phantasm, confusion, or any other influence not for the
free will of all.

SALT:

Blessings be upon this creature of salt; let all malignity
and hindrance be cast forth thencefrom, and let all good
enter therein. Wherefore I bless thee and invoke thee,
that thou mayest aid me.

MIXING:

I take this salt of the Earth, Blessed with the will of
Fire; I take this water of spirit, Exorcised with mind of

merit; I mix them with words of power, Dedicated to
every Tower.

By the power of moon and sun,
By the power of Spirit, earth and sea,
God and Goddess are part of One,
As I Will, so mote it be!

CASTING OF THE CIRCLE

I conjure thee, O circle of power,
As thou encircle every Tower.
That thou beest a place of Truth, Joy and love,
Encircling Flight of Eagle, Hawk and Dove.
Mighty Aegis of the Lady and Lord,
Rampart of thought, action and word.
To Work in Peace, Powerful and Free,
Who walk between two worlds conjure thee;
A boundary to Protect, Concentrate and Contain,
That Power raised here be not in vain.
Wherefore do I bless thee and consecrate thee, in the
names of Cernunnos and Aradia.

SEALING OF THE CIRCLE (seal with water/salt mixture)

With potion of earth and water, I seal the sacred circle,
Linking air and fire!
With potion of earth and air, I seal the sacred circle,
Linking fire with water!
With potion of earth, air, and fire, I seal the sacred
circle,
Linking water with the Earth!
As the four directions are brought to merge,
Let influence of the mighty ones converge!

(Seal with Censer)

With Incense and air of Mind,
East to South, I do Bind!
With Incense and air of mind,
South to West, I do Bind!
With Incense and air of Mind,
West to North, I do Bind!
With Incense and air of Mind,
North to East Completion Find!

(Seal with Candle)

With the Fire of emotion and will
East to South, our dedication fulfill!
With the Fire of veneration and Will,
South to West, our allegiance fulfill!
With the Fire of Devotion and Will,
West to North, our consecration fulfill!
With the Fire of Commitment and will,
From North to East, This inscription fulfill!
Within the circle All wills be free,
The circle is sealed, So Mote it Be!

SETTING THE WATCHTOWERS

Ye Lords of the Eastern Tower,
Airy Lords of Spirit;
Let your influence of Power,

Aid our minds with merit!
I do summon, stir and call you up, to witness these rites
and to guard the circle.

Ye Lords of Southern Power
Fiery Lords of Will.
Pray do grace your Tower,
Your Powers to fulfill!
I do summon, stir and call you up, to witness these rites
and to guard the circle.

Ye Lords of the Watchtowers of the West,
Watery Lords of Death and Initiation;
I do summon, stir and call you up, to witness these rites
and to guard the Circle.

Ye Northern Lords of the Earth,
Though we be yet but Mortals;
Bless our work with worth,
Boreas, guardian of Northern portals.
I do summon, stir and call you up, to witness these rites
and to guard the Circle.

Goddess and God, I would know,
As 'tis above, so 'tis below
Blessings on this work, please bestow!
This be my will, true and free,
I do so will, so mote it be

INVOCATION OF THE ELEMENTS

Air, Fire, Water, Earth,
Elements of astral birth,
I call you now; attend to me!
In the Circle, rightly cast,
Safe from curse or blast,
I call you now, attend to me!

From cave and desert, sea and hill,
By wand, blade, and pentacle,
I call you now, attend to me!
This Is my will, so mote it be!

CIRCLE CASTING FOR GROUPS

SET-UP:

Place a candle in each of the four cardinal directions. Lay the rest of the tools on the altar cloth or near it. The altar can be on the ground, a table, a rock or a stump. The altar should be in the center or just north of center of the Circle. Light the six candles and the incense, start the music and begin the ritual.

THE RITUAL

Facing North, the High Priest and Priestess kneel in front of the altar with him to her right. She puts the bowl of water on the altar, places the point of her athame in it and says:

"I exorcise thee,
O Creature of Water,
that thou cast out from thee all impurities
and uncleanness of the world of phantasm;
in the names of Cernunnos and Aradia"

She then puts down her athame and holds up the bowl of water in both hands. The High Priest puts the bowl of salt on the altar, puts his athame in the salt and says:
"Blessings be upon this Creature of Salt;
let all malignity and hindrance be cast forth hence,
and let all good enter herein;
where fore so I bless thee,
that thou mayest aid me,
in the names of Cernunnos and Aradia."

He then puts down his athame and pours the salt into the bowl of water the High Priestess is holding. The High Priest then stands with the rest of the Coven outside the Circle. The High Priestess then draws the Circle with the sword, leaving a gap in the Northeast section. While drawing the Circle, she should visualize the power flowing into the Circle from off the end of the sword. She draws the Circle in a East to North or deosil or clockwise direction. She says:

"I conjure thee,
O Circle of Power,
that thou beest a meeting place of love and joy and truth;
a shield against all wickedness and evil;
a boundary between men and the realms of the Mighty Ones;
a rampart and protection that shall preserve
and contain the power that we shall raise within thee.
Wherefore do I bless thee and consecrate thee,
in the names of Cernunnos and Aradia."

The High Priestess lays down the sword and admits the High Priest with a kiss while spinning him deosil and whispers "Bless Be". He then admits a woman the same way. Alternate male female male. Then the High Priestess finishes closing the Circle with the sword. She then names three witches to help strengthen the Circle. The first witch carries the bowl of consecrated water from East to East going deosil, sprinkling the perimeter as she/he goes. They then sprinkle each member in turn. If the witch is male, he sprinkles the High Priestess last who then sprinkles him. If female she sprinkles the High Priest last, who then sprinkles her. The bowl is replaced on the altar. The second witch takes the incense burner around the perimeter and the third takes one of the altar candles. While going around the perimeter, each person says:

"Black spirits and white,
Red spirits and grey,
Harken to the rune I say.
Four points of the Circle, weave the spell,
East, South, West, North, your tale tell.
East is for break of day,
South is white for the noontide hour,
In the West is twilight grey,
And North is black,
for the place of power.
Three times round the Circle's cast.
Great ones, spirits from the past,
Witness it and guard it fast."

All the Coven pickup their athames and face the East with the High Priest and Priestess in front, him on her right. The High Priestess says:

"Ye Lords of the Watchtowers of the East,
ye Lords of Air;
I do summon, stir,
and call you up to witness our rites and to guard the Circle."

As she speaks she draws the Invoking Pentagram of Earth in the air with her athame. The High Priest and the rest of the Coven copy her movements with their athames. The High Priestess turns and faces the South and repeats the summoning:

"Ye Lords of the Watchtowers of the South,
ye Lords of Fire;
I do summon, stir and call you up,
to witness our rites and to guard the Circle."

She does the same pentagram and then faces West and says:

"Ye Lords of the Watchtowers of the West,
ye Lords of Water,
ye Lords of Death and Initiation;
I do summon, stir, and call you up,
to witness our rites and to guard the Circle."

She faces North with rest of the Coven and says:

"Ye Lords of the Watchtowers of the North,
ye Lords of Earth;
Boreas, thou gentle guardian of the Northern Portals;
thou powerful God and gentle Goddess;
we do summon, stir and call you up,
to witness our rites and to guard the Circle."

The Circle is completed and sealed. If anyone needs to leave, a gate must be made. Using the sword, draw out part of the Circle with a widdershins or counterclockwise stroke. Immediately reseal it and then repeat the opening and closing when the person returns.

RITUAL OF CASTING A SACRED CIRCLE

Many times we are asked "how do you cast a circle?" There are so many different ways that this can be done. Differs from each Tradition to the next. Even within our own Avalonian Tradition we make improvisations on this.

The main factor is to cast a sacred space. A space that separates this world from the other. A space that we ourselves make holy. And that is what is important. A space that you set aside from all else, to glorify and exalt. For you are the one casting, cleansing, purifying, and setting it aside from all else.

Before you cast, one should make sure of the intent of casting. Ask yourself why you are doing it. Once you have this the gathering is made easier. If you are doing this with a group of people One must be chosen to be the Lord or Lady. The Lord or Lady usually has one person who waits them. This is not to say the Lord or Lady is higher than they, but the fact that they shall be the

God/dess incarnate. You may also do this solitary. Depending on the amount tending.

The Lord/Lady has the sword brought to them. All else are standing outside where the circle is to be cast. The Lord/Lady takes the sword and walk deosil (clockwise) around the space to be cast. The wait has a small bell with them. Beginning at the East, the sword, in a non-threatening manner, is raised. The wait rings the bell. All fall silent. Moving clockwise the Lord/Lady salute each direction. If there are four novices present each will stand to the directions as the Lord/Lady passes.

Lord/Lady: Let all those that wish to partake enter ye now! (the bell is rung)

Everyone enters by stepping forward (no actual circle has been cast yet)

Wait: My Lord/Lady all those that wish to partake in this Magickal Rite are now present. I pray you, cast the Sacred Circle. Lord/Lady: What thou doth sees makes here this night, shall be forever within this circle. So Mote It Be! (When anyone speaks the So Mote It Be or Blessed Be, all shall repeat it)

Again at the East, the Lord/Lady takes the sword and draws within the ground or upon the floor the circle saying as the pass...

"I draw this magick circle let no evil or ill will cross its mark."

Once the Lord/Lady has reached the East again, They take the sword and place it upon the shoulders of the novice, and says...

"be thou the guardian of this gate... I call I summon I stir oh ye spirits of Air, come forth now I pray thee and witness our Rite. So Mote It Be!"

The Guardian answers: I am he/she the guardian, no evil or ill will shall pass by me, My Lord/Lady.

The bell is rung

The Lord/Lady goes to each quarter and perform the same, on each guardian. The Wait will ring the bell as each guardian answers.

Once the quarters are called the Lord/Lady goes to the center of the circle as the Wait preforms the cleansing of the circle with salt and water. Incense can be used instead of salt and water mixture. The Lord/Lady summons the spirit of the Great Lady and the Great Lord by saying....

"Great Lady witness now your children who stand before you in Perfect Love and Perfect Trust. "

Standing East, with the censer the Lord/Lady says....
"Great Maiden Come To Us.... "

All repeat....

Standing South, with the torch or candle the Lord/Lady says....

"Great Mother Come To Us.... "

All repeat...

Standing West, with chalice of wine or water, the Lord/Lady says...

"Ancient Queen of Wisdom Come To Us.... "

All repeat...

Standing North, with the salt, the Lord/Lady says....

"Brother Come To Us... "

All Repeat...

Drumming, rattles, any form of music making can be added to this. As you can take note there really isn't any particular God or Goddess called, this is the Avalonian Tradition. All Gods are one God, all Goddesses are one Goddess.

So there is the very basic beginnings of Magical Workings... you can take it from here..... Do What Thou Wilt, Save Harm None, Shall Be the Whole.

Brightest Blessings!

CIRCLE CASTING DRAGON STYLE

I just thought I'd drop a note on the traditional Dragon Tradition Circle casting. The circle is cast with the Blade, the Cup and the Censor. The Priest starts with the Blade in the north and draws the boundary of the circle. As he does he recites "I tread this Path for the Elements, that which comprises all that we see."

The HPS takes to sprinkling the boundaries with the Cup filled with salted water. She recites "I tread this Path for Self, a reflection of the Divine."

The HP then takes the censor and carries the smoke to the boundaries of the circle in a deosil direction. He recites "I tread this Path for Spirit, that which unites all things."

The HP or HPS then state the charge of our Circle. It is as follows:

"Our Circle is a place where hearts and minds can meet and share in the wonder and empowerment of a living and loving Goddess. We are a coven of friends, but above all things we are Family. Our Love and our Magick binds us together and our Circle keeps us and nurtures us. We are blessed. Blessed Be!"

The Dragon Guardians are then invoked.

EAST

Mighty Dragon, Guardian of the realms of the East. Your tongue is a sharp sword, cutting with the knowledge of the arcane. Your spirit flows as graceful as a swift in flight. Purify us with truth. Blessed Be.

SOUTH

Mighty Dragon, Guardian of the realms of the South, your breath is a flame with the fires of inspiration and passion. Your spirit is searing and fervent. Purify us with Love. Blessed Be.

WEST

Mighty Dragon, Guardian of the realms of the West, your coils are the cleansing healing waves that nurture the soul. Your spirit lunges, leaps and splashes like a Talbot at play. Purify us with pulsing tides. Blessed Be.

NORTH

Mighty Dragon, Guardian of the realms of the North, your talons run like roots into the earth, giving you infinite strength. Your spirit is substantial, hard and pure like a clear crystal. Purify us with persistent wisdom. Blessed Be.

Each of these Dragons has a secret name that they are also invoked with. A suggestion is that anyone using these invocations meditate to find an appropriate name for each Guardian and use it along with or instead of the words "Mighty Dragon".

I find that the Circle charge sets the mood for the Circle and I change it to suit the situation. If anyone has ideas for a Circle charge, I'd like to hear them. I have a number of Circle charges that I use but fresh ones always are nice.

OPENING THE CIRCLE (ENDING)

The High Priestess goes to each of the four directions in turn, and draws a Banishing Pentacle, saying, Guardians of the East (South, West, North), Powers of Air

(Fire, Water, Earth), we thank you

For joining in our circle

And we ask for your blessing

As you depart

May there be peace between us

Now and forever. Blessed be.

She raises her athame to the sky and touches it to the earth, then opens her arms and says,

The circle is open, but unbroken,

May the peace of the Goddess

Go in your hearts,

Merry meet, and merry part.

And merry meet again. Blessed be.

Blessing, Consecration, and Procession of the Elements

(Four members of the coven who have been chosen beforehand now approach the Priestess. Each holds one of the following: an incense burner, a candle, a vessel of water, and a vessel of salt. Each in turn approaches the Priestess, recites their piece, receives her blessing, and

then processes deosil around the perimeter of the circle while stopping to bow at each of the quarters.)

(Celebrant with the incense burner symbolizing the element of air) :

"I am everywhere. I fill the fleshy pouches of your lungs, I stir all things from the smallest blade of grass to the tallest tree. I cool you with my breezes and destroy you with my storms. Without me you would die. Am I not holy and worthy of praise? "

(Celebrant with the candle symbolizing the element of fire):

"I live in the guarded embers of campfires and the pilot lights of stoves, I spring from the lightning and the hands of men, I warm you and I destroy you. Without me you would die. Am I not holy and worthy of praise? "

(Celebrant with the water vessel symbolizing the element of water):

"I rise from the moist crevices of the Earth, I beat on the shores of Her body, I fall from the skies in silver sheets. Without me you would die. Am I not holy and worthy of praise? " (Celebrant asperges the circle with water)

(Celebrant with the salt vessel symbolizing the element of earth):

"I am your Mother. From me come the fruit and grain and animals which feed you. I am your support, and my pull on your bodies keeps you held firmly to me. Without me you would die. Am I not holy and worthy of praise? "

Invocation of the Goddess

(High Priest)

"Come to us Moist Mother Earth. Come to us and take your ease. You have labored long and hard to bring forth your bounty, so that we your children may survive. Come and relax, for well have you earned your rest. Eat and drink your fill, sing, dance, and be merry, for you have done well, and there is plenty for all. And, if it pleases you to ask for the favors of one of us as well, may you find satisfaction there too. We shout your praises, for you are the essence of fulfillment, love, and joy. You are the most beautiful, and beyond measure is your grandeur and greatness. May we never forget that we are a part of your Sacred Body, and may we work to preserve it in all of its myriad forms. All hail the Great Mother!"

Responsorial: All hail the Great Mother!

Invocation of the God

(High Priestess)

"Come to us Lord of the Hunt, Sacred Herdsman, and Divine Smith. Put by your horn, lay aside your crook, stow your hammer, and quit your forge for now. Wipe your brow, and come find your leisure in the midst of our good company. Have a seat, put up your feet, and pour yourself

a cold draught. By the virtue of your work have you earned a rest, for well have you cared for the wild beasts and domesticated flocks. And many a time has your forge burned long into the night with you hard at work creating lightning bolts of such exquisite beauty and terrible power as we have ever beheld. Join us Great Lord, and indulge yourself to the fullest. May you know no want in our presence, for thanks to you and the Goddess, we know no want. We raise our glasses high and toast your greatness. All hail the God of the Wild Magicks."

Responsorial: All hail the God of the Wild Magicks.

Guided Meditation by Priest

(Meditation will be about our own spiritual harvest. This will conclude with a personal empowerment chant)

Empowerment Chant

(Holding hands, the coven members repeat the following chant until the high priestess decides that enough energy has been raised, and upon her signal everyone will direct a portion of the energy into themselves to help them to develop the inner strength to attain personal spiritual goals.)

Ripen fruit, ripen seed

Harken to my inner need

Communion

(Fruit and Wine, songs, and a good time. Also, each member of the coven will be asked to describe something that they have done in the last liturgical year that has "borne fruit.")

Quarter Banishings

(High Priest)

Facing East:

"Guardians of the watchtower of the east, return now to the brisk Autumn breezes which are brimming with the excitement of the year's climax. Take with you our blessings and thanks. Hail and farewell!

Responsorial: Hail and farewell!

Facing South:

"Guardians of the watchtower of the south, return now to the dying fires of Autumn's heat soon to give way to Winter's chill. Take with you our blessings and thanks. Hail and farewell!

Responsorial: Hail and farewell

Facing West:

"Guardians of the watchtower of the west, return now to the Autumn rains which cool the Earth's fevered brow baked in the heat of Summer afternoons. Take with you our blessings and thanks. Hail and farewell!

Responsorial: Hail and farewell!

Facing North:

"Guardians of the watchtowers of the north, return now

to the Earth where worms burrow deeper and seeds
nestle awaiting the long sleep of Winter. Take with you
our blessings and thanks. Hail and farewell!

Responsorial: Hail and farewell!

Circle Banishing

(High Priestess)

Equal night and equal day
Soon the light will fade away
Equal day and equal night
This circle fades as does the light
Thus the magick we invoke
Fades anon like wisps of smoke
Until we next decide to play

SO MOTE IT BE!

VII. CONSECRATION

CONSECRATING WICCAN TOOLS

Pagan tools are nothing if not consecrated properly. Consecration (Exorcism), purifies by means of salt, water and incense. The salt, water, and incense stand for the four elements of the Wise - earth, water, and fire, together with air - symbolically constituting the basis for the material universe, in the language of alchemy and Witchcraft. By consecrating anything, you are in effect using these four basic constituents to "wash" the article of all extraneous vibrations, prior to recharging it with your own will and concentrated power.

Consecration must take place before a circle is cast, as of course the tools are used in magickal rites.

FORMULA

Basically, any form of words can be used to consecrate something, ranging from a long ecclesiastical-sounding Latin invocation to a simple jingle. Witches generally prefer the latter. The chants can be freely replaced by your own words (which are best) Before a consecration is to take place, it is best to take a nice herbal or ritual bath and meditate. Indoors or out, one must be comfortable, alone (or at least hidden from grandma's eyes), and in a very positive state of mind.

RAW MATERIALS in preparation (Anytime new items are to be consecrated this must be done first)

Take a small handful of new or sea salt and casting into a bowl of fresh water, BREATHE these words (or yours) onto the water's surface, mentally visualizing - AND THIS IS THE IMPORTANT THING - with all the faith, will, and imagination you can muster, a dim bluish light beginning to hover over you.

"Water and earth
Where you are cast

No spell nor adverse purpose last
Not in complete accord with me.
As my word, so mote it be!"

This is now your charged salt and water with you will use to make your working tools.

Similarly, casting a few grains of church quality incense (Frankincense tears or Myrrh) onto a glowing charcoal block contained in a mug or ashtray filled with sand, chant as you hold your hand outstretched over it:

"Creature of fire
this charge I lay,
no phantom in thy presence stay.
Here my will addressed to thee;
and as my word, so mote it be!"

Again, strongly visualize the coals radiating that strange blue light as you speak. With this charged fire, you complete consecration of raw materials and move onto the working tools:

THE CUP AND THURIBLE

These tools, on the whole, must be consecrated first before the athame and other tools, as they take a part in the latter's erasure.

THE CUP

Once you have acquired a suitable goblet and the moon is waxing toward full, take your charged water and steep in it the following powdered herbs:

Vervain
Mint
Basil
Rosemary
Hyssop
Lavender
Sage
Valerian
Fennel

(proper substitution may be used)

A re-charge of the water must now be done (as explained above). Having done this, sprinkle the cup with the water and pass it through the incense smoke, chanting words to this effect, and visualizing the blue purifying light flickering around you as you do.

"By water and fire

I conjure thee

That there remain within thy frame
no adverse thought nor enmity.

Hear my will! Attend to me!

As my word, so mote it be!"

(rune inscription follows in some sects)

THE THURIBLE

Again a simple process, once a metal chafing dish or suitable censer is acquired, fill it with an inch or so of sand. Once again when the moon is waxing, consecrate your thurible in the same manner with charged fire and

water, as you did your cup. And again rune inscription follows.

Now you have a working cup and thurible in which to charge your water and fire for the following three main consecrations: (and all after)

THE ATHAME

Once your double edged, black hilted knife is aquired, when the moon is waning, make an infusion in distilled water of any of the following herbs. Into this mix a drop of your own blood (traditionally a black cat but we're not going there)

Dragon's Blood (very common)

Sulfur (not indoors!)

Asafetida (again not indoors!)

Consecrate your knife with water from your cup and the incense above in your thurible, then heat the blade on the coals of your thurible until it gets as hot as possible. You will have to stoke up good heat to do this. When the blade is red hot, plunge it into your brew, chanting these words (or yours), each immersion, and once again, visualize!

"Blade of steel

I conjure thee

to ban such things

as named by me.

As my word, so mote it be!"

This process of tempering should be repeated three times. Having done this, you must magnetize the blade. Hold your athame in your left hand, the magnet by one end (or a lodestone) in your right, and beginning at the handle end, draw the tip of the magnet down the whole length of the blade. Keep this up for a few minutes always stroking the same direction, chanting these words as you do:

"Blade of steel,

I conjure thee

attract all things

as named by me!

As my word, so mote it be!"

Finally paint your runes on the hilt (optional), and bury it point down for three days and three nights. (your backyard will do fine) At the end of this time you may dig up your athame and wrapping it in a piece of consecrated cloth, tuck it safely away ready for magickal use.

THE CORD

Most Witches make their own cords out of red ribbon or river rushes. The latter takes an artisan to make properly. Out of this, measure of three, six-foot lengths. When the moon is waxing, consecrate these with fire and water, and knotting the ends together, start braiding them, chanting the following jingle (or your own), binding in the magickal light with each twist:

"Made to measure

wrought to bind,

Blessed Be thou cord entwined."

When done, tie the end off to prevent unraveling and repeat your sealing words:

"So mote it be!"

Finally, tie another knot three feet six-inches from the first knot, a further one at four feet, another at four feet six, another at five feet, and finally another at five feet six inches. These knots are used for circle layout of various size.

THE BOOK

Assuming you have purchased/made a suitable book of fine paper, again when the moon is waxing, cover the back and binding of the book with the material of your choice (natural material is best). Consecrate your new book in the same manner as the other tools and while you draw your runes/diagrams on the cover, chant:

"Book of words,

book of deeds,

Blessed Be thou book of art!"

Finally write your witch name in the center of the cover and seal once again:

"So mote it be!"

This book, along with your athame will be your most treasured magickal possession and should not be flaunted or shown unless it is to other witches or coven members.

TOOL CONSECRATION

Before these assembled spirits I bring (name type of tool) to be dedicated to the service of the Lady and Lord.

(Pass tool three times through smoke of the incense.)

By the power of air, be thou purified. Be thou dedicated to purity of thought and to harmlessness that all intentions for which thou art used may harm none and be for the good of all.

(Pass tool three times through or over the flame of the fire candle.)

By the power of fire, be thou purified. Be thou dedicated to purity of desire, and to harmlessness that all goals which thou art doest help achieve may harm none and be for the good of all.

(Take a few drops of water and sprinkle or dab on instrument.)

By the power of water, be thou purified. Be thou dedicated to purity of emotion, and to harmlessness that all that thou shalt be used in a spirit of harmony, harming none and for the good of all.

(Touch instrument to the stone or salt in north quarter)

By the power of earth, be thou purified. Be thou dedicated to steadfastness and purity of purpose, that my will be achieved without wavering, with harm to none and for the good of all. (If this is a chalice, present it first to the Lady, then to the Lord, if athame, reverse

order. All other instruments use personal preference, but it is courtesy to present them to Her first.)

PRESENTATION FOR CHALICE:

Lady Freya, Keeper of Femininity, bless this chalice. Let it be as Thy cauldron, a vessel of productivity that it may be worthy to dispense Thy bounty. Let it be used in Thy service and in the service of humanity. Let it be so bound that no harm may come of it to any being, but let it rather be an instrument of good-will and understanding; of loving harmony. To Thy sacred self I dedicate this vessel, (name of vessel), that it and I may long be of service to Thee.

Lord Thor, companion to the Lady, champion of the Gods, bless this chalice and keep watch over it. Guard the works which come forth from it, that they ever be in the service of Thee and Thy Lady, that they be of service to humankind, and that they abide by the laws of harmony. To Thee I vow I shall use it for Her sacred purposes, and for no other.

So mote it be!

PRESENTATION FOR ATHAME:

Lord Thor, thunderer & hammer wielder, bless this athame. Let it be as the spring rains which fall upon the earth to cause Her to bring forth Her bounty.

Let it quicken my hopes and dreams, yet keep them from causing harm. Let it guide them in the harmony of the seasons, bringing forth only good for all.

Lord Thor, bless this athame, (name of athame), that it be used ever in the worship and honor of the Gods.

Lady Freya, companion to the Thunderer, lover of the Gods, bless this athame that it shall bring forth joy, and shall cause no pain nor disharmony to any.

I dedicate this athame (name athame), symbol of the Defender and Rain Maker, to Thy service. May it ever bring Thee joy and pride.

So mote it be!

(This ritual, with suitable changes, may be used to dedicate other tools as well as these.)

OLD MAGIC EXORCISM

Power of wind have I over thee.
Power of wrath have I over thee.
Power of fire have I over thee.
Power of thunder have I over thee.
Power of lightning have I over thee.
Power of storm have I over thee.
Power of moon have I over thee.
Power of sun have I over thee.
Power of stars have I over thee.
Power of the heaven's and the worlds have I over thee.
(lift sword over head with both hands and chop down.)

Eson! Eson! Emaris!

VIII. CREATION

MAKING CEREMONIAL ASH

Phoenix Ash

This ritual creates a ceremonial ash that can be used for a variety of purposes. It is a useful component for spells of elemental Fire, healing and ritual purification. I've also used this ritual for a friend who was dying, to make his passage easier, and ensure a positive reincarnation. (scattering the ashes afterward)

You will need:

A square of paper, decorated on only one side, but no foil or plastic. Origami paper is ideal, but any is suitable provided it is blank on one side.

Pen and ink

Essential oil of frankincense or cinnamon

Matches

A heatproof bowl or cauldron

An envelope to store the ashes

Cast ceremonial circle as appropriate for your magickal system. On the blank side of the paper, draw a sigil for the intent of the spell. If you are just making ash for general use, the intent is just "lend power to my Work." Fold the paper, decorated side out, into an origami crane. Anoint with the oil (a drop or two is sufficient) and place on the heatproof bowl. Ground and center, and fix your intent. Light the match and burn the paper to ash. When the ash is cool enough, gather into the envelope.

Symbolism and Theory: This ritual recreates the death and rebirth of the Phoenix. The crane is the Phoenix, with all the symbolism and powers of the legendary bird. The cinnamon and frankincense compose its funerary nest.

TURNING POWDERS INTO SELF BURNING INCENSE

****CAUTION**** these methods should only be attempted by a knowledgeable user. The Inner Sanctum is not responsible for injury resulting in these methods.

Mix and empower herbs. Mix and grind them into a powder, if you have not already done this.

Place powder in a non-flammable container and soak with charcoal starter fluid.

After about an hour, place in a SAFE place and light. Let it burn until some of the herbs on top start blackening. Immediately put out the fire by smothering it with something non-flammable. DO NOT use water, sand, fire retardants or ANYTHING that will mix with, disturb or even touch the herbs, use only smothering.

Once the container cools, remove the herbs and spread them out in a flat sheet on a piece (or several pieces) of paper.

Cover with paper and set heavy books on them and let it compress for a day or more (the paper may get saturated with lighter fluid, so dispose of them properly).

Remove the weight and pour your new powdered incense into whatever container you use. You are done.

Once you have your powder, you may melt some of the appropriate resin and mix it with the powder, then roll it into a cone, stick, or whatever shape you choose.

This incense will now work similar to a stick or cone, light it and wait until the flame dies, it will now smolder until it is used. Don't use too much at a time, a little goes a long way.

MAKING OILS

his explains three simple ways to make oils.

****CAUTION**** these methods should only be attempted by a knowledgeable user.
The Inner Sanctum is not responsible for injury resulting in these methods.

OIL BREW

This method will only make oil that will smell like the herbs, it will not produce any useable quantities of actual plant oil. For that, use the next two methods. These oils are generally weaker than normal, so be aware of that before you begin.

1. Choose base oil, canola, olive, and vegetable oil work well, but almost anything will work so long as its smell is not too strong.
2. Mix and empower dry herbs to be used in the oil.
3. Heat base oil until hot.
4. Mix in herbs in about a 1:1 ratio with the oil.
5. Let sit for about 20 minutes, adjusting the heat to maintain a constant temperature, stir every minute.
6. Strain and store in a medicine bottle or film canister.

BREW BOIL

This will produce a stronger oil, and you can make it exactly as strong or weak as you like. You can even make it pure. But, it can not be mixed with a base oil to dilute it {unless you make it pure} and it can be time and herb consuming {depending on the level of purity you choose}

1. Mix and empower dry herbs.
2. Mix herbs with boiling water and stir until a STRONG tea forms.
3. Strain herbs out of tea.
4. Boil tea down until you are left with a suitable strength oil.
5. To dilute this oil mix with water instead of base oil, or they will not mix.
6. Store the oil in a medicine bottle or a film canister.

STEAM DISTILLATION

This will guarantee the purest oil possible. But, this can be a time and material consuming method. On average 2oz of herbs will yield 2-3ml of oil, and about 2-3 cups of hydrosol {a byproduct of this process, basically water with a small amount of oil dissolved in it }
Here are the instructions:

Materials:

- 2 glass bottles with lids
- 1 plastic bottle
- Aluminum foil
- Aquarium or surgical tubing

Mixed, empowered herbs
Water
A stove
Punching tools

1. Fill a glass bottle with water, punch a hole in the lid, a small hole for gas pressure release,
run tubing through the large hole
2. Place other end of tubing in the second bottle, through a hole in the lid and run the tubing
to the bottom of the bottle. Put another tube in the lid.
3. Run the other end of THAT tube in a spiral {It should look like a spring} and connect it
to the bottom of the plastic bottle.
4. Mount the plastic bottle upside-down over a glass.
5. Fill the second bottle {the one with two tubes} with the herbs
6. Place the first bottle on the stove and let it boil until there is no water left
7. By this time there should be the collection glass should have water with oil floating on top,
use an eye dropper to remove the oil and throw away the water {Actually, it is hydrosol, but
it is worthless just the same}
8. Place the oil in a medicine bottle or a film canister.

MAKING A RUNE SET

Select wood from a fruit bearing tree, of a branch that has fallen naturally (not cut down) the host tree must still be alive (I used plum tree wood from my backyard after a large snowstorm, lucky me). Pick a branch of the diameter that you want your runes to be (usually between 0.5" and 1"). Gather several pieces, as some will crack during the drying process or be damaged by bugs.

Let the wood dry for AT LEAST 6 months. 9 months or a year is better. You MUST let the wood dry OUTSIDE, covered by a loose tarp or something to keep rain off of it. You may also want to use a pesticide AROUND, not on the wood to prevent bug damage. Once dry, ensure your runewood has not cracked or been damaged by bugs.

Strip the bark off by hand, using a knife. Also smooth the branch by cutting off bumps and the like. You may sand it smooth or not, depending on personal preference (I don't like perfectly smooth runes)

Saw the branch into 24-25 (depending on weather you use the blank rune) 1/16"-1/8" flat disks using a HAND SAW (the more effort you put into making the runes, the better they work)

Carve the runic symbols into each disk, so you have a complete rune set. Burn or mark with a permanent marker or paint (doesn't matter which) the carvings so they can be seen better.

Seal the runes with the natural oil of your choice, as long as it is natural. You may also use a NATURAL wood stain if you wish, it will not affect anything but the appearance if you do.

Cleanse, concentrate and empower the runes for your purpose, depending on your own custom of how you do it. Your rune set is now completed.

Select an appropriate sized drawstring bag made of leather, silk, embroidered soft-linen, etc. This is a matter of personal taste but get a nice one because you will use these runes for the rest of your life, as they grow stronger with age and use. You may wish to select a bag with magical symbols (sigils) if you wish (I did) you are now completed.

IX. CRYSTALS

WIRE WRAPPING CRYSTALS

Do you have a special crystal that you want to be more focused? Here is a simple method to wire wrap it and help focus the crystal's energies:

Choose your wire based on a color compared to what you are focusing the crystal towards {Copper for love, etc.}

Once you have selected your wire, place about 1/8" of the wire straight down the side of the crystal.

Bend the wire over the top of the crystal and wrap tightly and closely down until the wire going down the side cannot be seen.

With broader wraps go all the way down the crystal with no more than a few wraps.

Go up with the same style of wrap making a criss-cross pattern.

When you reach the top wrap tightly and closely a few times.

Coat top of crystal with melted resin to seal it.

Once resin has dried, burn away the outer layer with a candle, leaving only the resin inside it wire, sealing it.

X. DEDICATION/INITIATION

SELF BLESSING

This ritual should be performed during the New Moon (at least when the moon is waxing), but it is not limited to that phase. Need, not season, determines the performance.

There is real power in the Self Blessing; it should not be used other than in time of need and should not be done promiscuously.

The purpose of the ritual is to bring the individual into closer contact with the Godhead. It can also be used as a minor dedication, when a person who desires dedication has no one who can dedicate him. This self blessing ritual may also be used as a minor exorcism, to banish any negative influences which may have formed around the person. It may be performed by any person upon himself, and at his desire.

Perform this ritual in a quiet place, free from distraction, and nude. You will need the following:

1. Salt, about one quarter teaspoon
2. Wine, about an ounce.
3. Water, about one-half ounce.
4. Candle, votive or other.

The result of the ritual is a feeling of peace and calm. It is desirable that the participant bask in the afterglow so that he may meditate and understand that he has called the attention of the Godhead to himself, asking to grow closer to the Godhead in both goals and in wisdom.

When you are ready to begin, sprinkle the salt on the floor and stand on it, lighting the candle. Let the warmth of the candle be absorbed into the body. Mix the water into the wine, meditating upon your reasons for performing the self blessing.

Read the following aloud:

Bless me, mother, for I am your child.

Dip the fingers of the right hand into the mixed water and wine and anoint the eyes,

Blessed be my eyes, that I may see your path.
Anoint the nose,
Blessed be my nose, that I may breathe your essence.
Anoint the mouth,
Blessed be my mouth, that I may speak of you.
Anoint the breasts,
Blessed be my breast, that I may be faithful in my work.
Anoint the loins,
Blessed be my loins, which bring forth the life of men and women as you have brought forth all creation.
Anoint the feet,
Blessed be my feet, that I may walk in your ways.

Remain...and meditate for a while

Note: Although this is probably as basic as dedication can get, this nevertheless is very useful even if only used for banishment of negativity.

COVEN INITIATION

Note: This is a strict example of a coven initiation. Many covens vary in initiation rites and there are many forms and variations. This should be considered an example.

Candidates for initiation should be in good mental and physical health. They should also be of legal age and sought out the Craft of their own free will.

Before being accepted into the Coven (s)he should spend sometime learning about the Craft and magic and such. (S)he should know about practices that most people get uptight about. She should be told that initiations are perfectly safe and voluntary. Also, if at any time prior to taking the oath she wants to back out, she can do so with out fear or other recriminations.

The candidate must choose a Craft name. This name should not be a common American name and must have personal meaning to the candidate. Traditionally the apprenticeship lasted for a year and a day.

This is a good idea if it can be done. Before (s)he can be initiated, the Coven must vote. A single no is sufficient to not allow the candidate to be initiated into that particular Coven.

This ritual is written for use in the woods. There has to be a path leading from the staging area to a clearing where a fire can be lit. To save time, the fire should be setup but not lighted. The bathtub should be set up along the path and filled with warm water and the other ingredients. The water will also have to be consecrated.

The candidate should be brought to the staging area by their sponsor. She should be wearing clothing that can be cutaway easily by a sword without undoing buttons or stepping out of pants legs. The candidate should be lead down the path by the sponsor. After a little ways a member of the Coven, the Challenger, should step onto the path. They might want to wear a mask. They take the sword that they carry and say:

"Who comes to the gate?"

The candidate, coached before hand, answers:
"It is I, (new Craft name), child of earth and starry heaven."

Challenger:
"Who speaks for you?"

Sponsor:
"It is I, _____, who vouches for her."

The Challenger holds the point of the sword up to the candidates heart, and says:

"You are about to enter a vortex of power, a place beyond imagining, where birth and death, dark and light, joy and pain, meet and make one. You are about to step between the worlds, beyond time, outside the realm of your human life. You who stands on the threshold of the dread Mighty Ones, have you the courage to make the essay? For know it is better to fall on my blade and perish than to make the attempt with fear in thy heart!"

The apprentice answers:
"I tread the path with perfect love and perfect trust."

The Challenger replies:
"Prepare for death and rebirth."

And the Challenger takes the sword and cuts off the apprentices clothing till (s)he is standing naked. The Challenger grounds their sword to the Earth. The Challenger should then blindfold the candidate and tie a cord around their wrists and one ankle while saying:
"And (s)he was bound as all living things must be, who would enter the Kingdom of Death. And Her feet were neither bound nor free."

The candidate is led to the tub and bathed, while still blindfolded, by the rest of the Coven. While being bathed, (s)he must remain quiet. She is helped from the tub and dried off. The candidate is then carried to the Circle. Everyone in the Coven, starting with the High Priest (Priestess in the case of a man), kisses her and says:

"Thus are all first brought into the world, and thus are all first brought into the Coven."

The High Priest (Priestess in case of a man) now leads the candidate to each of the four corners and introduces her to the Guardians, of course going deosil.

"Hail Guardians of the Watchtowers of the East and all the Mighty Ones of the Craft. Behold _____ (new name), who will now be made Priestess and Witch."

The candidate is brought back to the altar. The High Priest kneels and gives her the Five Fold Kiss; that is, he kisses her on both feet, both knees, womb, both breasts, and the lips, starting with the right of each pair. He says, as he does this:

"Blessed be thy feet, that have brought thee in these ways.
Blessed be thy knees, that shall kneel at the sacred altar.

Blessed be thy womb, without which we would not be.
Blessed be thy breasts, formed in beauty.
Blessed be thy lips, that shall utter the Sacred Names."

For the kiss on the lips, they embrace, length-to-length, with their feet touching each others. When he reaches the womb, she spreads her arms wide, and the same after the kiss on the lips. The candidate is then measured with the other piece of cord, from head to toe. The cord is cut. She is then measured around the head and chest and knots are tied to mark these lengths. The High Priestess rolls up the cord, and asks the candidate:

"Are you willing to swear the oath?"

The candidate answers: "I am."

The High Priestess asks:

"Are you willing to suffer to learn?"

The candidate answers: "Yes."

The High Priestess takes the apprentice's hand, and with a needle properly purified by fire and water, pricks her finger, squeezing a few drops out onto the measure. The candidate then kneels, and places one hand on her head and the other beneath her heel and she repeats what is read to her. The High Priest says:

"This is the Charge of the Coven:

That I will keep secret what I am asked to keep secret, and never divulge the names or dwelling places of our people unless by their consent.

That I will learn and try to master the Art Magical; but ever remember the rune: "What good be the tools without the inner light? What good be magic without wisdom sight?"

That in due course I will strive to find a worthy pupil in magic, to whom in future years I can hand down the knowledge I acquire.

That I will never use the Art Magical merely to impress foolish persons, nor for any wrongful end.

That I will help the Craft of the Wise, and hold it's honor as I would my own.

That I consider these vows taken before the Elder Gods; and that if I betray this Charge I accept as my just reward that retribution of destiny which overtakes those who basely betray the trust and confidence that others have placed in them. Know that none can escape the fate, be it curse or blessing, which they make for themselves, either in this life or in another life.

The High Priestess says:

"Repeat after me: 'I, _____, do of my own free will most solemnly swear to protect, help and defend my

sisters and brothers of the Art and to keep the Coven's Charge.

I always keep secret all that must not be revealed.

This do I swear on my mother's womb and my hopes of future lives, mindful that my measure has been taken, and in the presence of the Mighty Ones.'

All between my two hands belongs to the Goddess."

The candidate repeats the oath. The Coven shouts:

"So mote it be!"

The High Priest says:

"Arise and be anointed"

The High Priest then makes an X mark on the initiates forehead, breast and genitals while saying:

"May your mind be free. May your heart be free. May your body be free.

I give you the Craft name of _____"

The rest of the Coven members grab her suddenly, lift her if possible and carry her three times around the Circle, laughing and shrieking. They then lay her face down before the altar and press her into the ground. Gradually the pressure changes to stroking. They chant her new name, raising a Cone of Power over her. The blind fold is removed and (s)he is told:

"Know that the hands that have touched you are the hands of love. Thus are all first brought into the world, and thus are all first brought into the Coven."

The Charge of the Goddess is spoken and any other myths, mysteries, and secrets are revealed. She is also told the Coven names of all the members. The High Priestess returns the measure, saying:

"In the Burning Times, when each member of the Coven held the lives of the others in their hands, this would have been kept and be used against you should you endanger the others. But in these more fortunate times, love and trust prevail, so take this, keep it or burn it, and be free to go or to stay as your heart leads you."

The service goes on as usual, be it New or Full Moon or Sabbath. Before the Circle is opened, the new initiate is taken to the four corners again and introduced to the Guardians again.

SELF DEDICATION RITE

Prepare yourself by doing the Ritual Bath and Self Blessing. If you are performing this ritual at the sea or a river, bathe there if you so desire.

As you bathe, prepare for the coming rite. Open your

consciousness to higher levels of awareness. Breath deep. Cleanse your mind as well as your body.

After bathing, dry and dress for the journey. Go to a place in the wild where you feel safe. It should be a comfortable spot where you won't be disturbed by others, an area where the powers of the Earth and the Elements are evident. It may be a mountain top, a desert canyon or cave, perhaps a dense forest, a rocky outcropping over the sea, a quiet island in the center of a lake. Even a lonely part of a park or garden can be used. Draw on your imagination to find the place.

You need take nothing with you but a vial of richly scented oil. Sandalwood, frankincense, cinnamon or any other scent is fine. When you arrive at the place of dedication, remove your shoes and sit quietly for a few moments. Calm your heart if you've exerted yourself during your travel. Breathe deeply to return to normal, and keep your mind free of cluttered thoughts. Open yourself to the natural energies around you.

When you're calm, rise and pivot slowly on one foot, surveying the land around you. You're seeking the ideal spot. Don't try to find it; open your awareness to the place. When you've discovered it (and you'll know when), sit, kneel or lie flat on your back. Place the oil on the Earth beside you, Don't stand - contact the Earth.

Continue deep breathing. Feel the energies around you. Call the Goddess and God in any words you like, or use the following invocation. Memorize these words before the rite so that they'll spill effortlessly from you, or improvise:

O Mother Goddess,

O Father God,

Answers to all mysteries and yet mysteries unanswered;

In this place of power I open myself to Your Essence.

In this place and in this time I am changed;

From hence forth I walk the Paths of the Craft.

I dedicate myself to you, Mother Goddess and Father God.

(rest for a moment, silent, still. Then continue;

I breathe your energies into my body,
commingling, blending,
mixing them with mine,
that I may see the divine in nature,

nature in the divine,
and divinity within myself and all else.

O Great Goddess,

O Great God,

Make me one with your essence

Make me one with your essence

Make me one with your essence.

You may feel bursting with power and energy, or calm and at peace. Your mind might be in a whirl. The Earth beneath you may throb and undulate with energy. Wild animals, attracted by the psychic occurrence, might grace you with their presence.

Whatever occurs, know that you have opened yourself and that the Goddess and God have heard you. You should feel different inside, at peace or simply powerful.

After the invocation, wet a finger with the oil and mark the symbols of the Goddess and God somewhere on your body. It doesn't matter where; you can do this on your chest, forehead, arms, legs, anywhere. As you anoint, visualize these symbols sinking into your flesh, glowing as they enter your body and then dispersing into millions of tiny points of light.

The formal self-dedication is ended. Thank the Goddess and God for Their attention. Sit and meditate before leaving the place of dedication.

Once home, celebrate in some special way.

XI. DREAMS

LUCID DREAMING

POWER TRIPS: CONTROLLING YOUR DREAMS

A number of techniques facilitate lucid dreaming. One of the simplest is asking yourself many times during the day whether you are dreaming. Each time you ask the question, you should look for evidence proving you are not dreaming. The most reliable test: Read something, look away for a moment, and then read it again. If it reads the same way twice, it is unlikely that you are dreaming. After you have proved to yourself that you are not presently dreaming, visualize yourself doing what it is you'd like. Also, tell yourself that you want to recognize a nighttime dream the next time it occurs. The mechanism at work here is simple; it's much the same as picking up milk at the grocery store after reminding yourself to do so an hour before.

At night people usually realize they are dreaming when they experience unusual or bizarre occurrences. For instance, if you find yourself flying without visible means of support, you should realize that this happens only in dreams and that you must therefore be dreaming.

If you awaken from a dream in the middle of the night, it is very helpful to return to the dream immediately, in your imagination. Now envision yourself recognizing the dream as such. Tell yourself, "The next time I am dreaming, I want to remember to recognize that I am dreaming." If your intention is strong and clear enough, you may find yourself in a lucid dream when you return to sleep.

Even if you're a frequent lucid dreamer, you may not be able to stop yourself from waking up in mid-dream. And even if your dreams do reach a satisfying end, you may not be able to focus them exactly as you please.

During our years of research, however, we have found that spinning your dream body can sustain the period of sleep and give you greater dream control. In fact, many subjects at Stanford University have used the spinning technique as an effective means of staying in a lucid dream. The task outlined below will help you use spinning as a means of staying asleep and, more exciting, as a means of traveling to whatever dream world you desire.

Before retiring, decide on a person, time, and place you would like to visit in your lucid dream. The target person and place can be either real or imaginary, past, present, or future. Write down and memorize your target person and place, then visualize yourself visiting your target and firmly resolve to do so in a dream that night.

To gain lucidity, repeat the phrase describing your target in your dream, and spin your whole dream body in a standing position with your arms outstretched. You can pirouette or spin like a top, as long as you vividly feel your body in motion.

The same spinning technique will help when, in the middle of a lucid dream, you feel the dream imagery beginning to fade. To avoid waking up, spin as you repeat your target phrase again and again. With practice, you'll return to your target person, time, and place. When spinning, try to notice whether you're moving in a clockwise or counter-clockwise direction.

DREAM PROBLEM SOLVING

Your dreams are "written" in your own private vocabulary; that's why their meaning is often unclear (and why dream books you buy at the corner newsstand won't explain your own visions). Moreover, the language of dreams is sensory and visual, whereas the language of daily life is verbal. You need to translate a dream much as you would a foreign language.

Unfortunately, the same forces that make us disguise problems in our dreams are likely to hinder our

recognizing them when we're awake. Even Freud had trouble with self-analysis. So an impartial listener - attained therapist - can help. "It's a collaborative process," says New York psychoanalyst Walter Bonime, author of the classic text, *THE CLINICAL USE OF DREAMS* (Da Capo Press, \$29.50)

But that doesn't mean you shouldn't explore your dreams alone or with a partner. People who keep dream journals say that over time, patterns often emerge.

To put your dreams to work solving problems, try this routine:

- o Program yourself to wake up after every REM period. I did it while writing this article simply by telling myself I wanted to at bedtime. But don't make it a regular habit. "The ability to maintain consciousness during sleep can backfire," says Dr. Neil Kavey, director of the Columbia-Presbyterian sleep lab. "If you can't shut it off, you may have trouble remaining asleep, or you may sleep so poorly that you feel you didn't sleep at all."

- o Put a notebook and pen or tape recorder at your bedside.

- o At bedtime, select a problem and sum it up with a question, such as "Should I take this new job?" Write it down and list possible solutions.

- o Turn off the lights and reflect on these solutions. Stick with it until you drift off to sleep.

- o When you wake up - during the night or in the morning - lie still. To jog your memory, pretend you're a detective interviewing an eyewitness. What's the last thing you remember? Before that? Going backward can help you more easily reconstruct a dream.

- o Write down or tape record all that you remember. Do it before you shower and have breakfast.

- o If you have trouble catching dreams, try sleeping late on weekends. The longest dreams occur in the last part of sleep and many of us cut sleep short on week nights.

Once you've recorded your dream, how do you decode it? Tell it to yourself in the third person, suggest psychologist Lillie Weiss in *DREAM ANALYSIS IN PSYCHOTHERAPY* (Pergamon Press, \$11.95). This may give you some distance from the dream and help you see the actions more clearly. Then look at the part of the dream that is the most mysterious. "Frequently the most incongruous part provides the dream message," Weiss says.

In her dream-therapy study, Cartwright asks participants to examine and try to change repetitive, troublesome dreams along seven dimensions:

- o Time orientation. Do all your dreams take place in the past? Try positioning them in the present or future.

- o Competence to affect the outcome. Try finding a positive way to resolve a dream.

- o Self-blame. In your dreams, do you hold yourself responsible when things go wrong? Must you?

- o Relation to former role: If you're divorced, do you still dream of yourself as married? If you have lost your job, do you still see yourself at work? Consider alternatives.

- o Motivation. Do you dream of being nurtured? Can you think of a way to take care of yourself?

- o Mood. What would make a dream more pleasant?

- o Dream roles: Do you like the part you play in your dreams? What role would you prefer?

XII. EARTH MAGIC

NATURE SPIRIT MAGIC

INTRODUCTION:

Each plant, animal, rock, and other entity has a spirit (consciousness resonance matrix). These spirits can join together, in a hive-mind, as a spirit of an area. Nature spirits include real biological intelligences, are psychically powerful, and are much less abstract and controllable than the Elementals that many magical people who perform all of their rituals indoors are familiar with. They can be extremely powerful allies. It is possible to sense nature spirits, to determine if they are receptive to a ritual planned, and to have them actively participate in magical workings if they are.

SOME EFFECTS OF WORKING WITH NATURE SPIRITS:

Spectacular physical manifestations can happen when working with nature spirits in the wild. I have personally seen actual foxfire mark the boundaries of a magic circle at a location that was identified as a receptive power spot and attuned to a planned ritual the day before. I have seen more than one site attuned for ritual be dry and comfortable, with a round hole in the clouds overhead, on days that were cold and rainy at other nearby locations. Birds have joined in rituals, flying around the circle when energy was being raised; and insects, birds and animals have joined in chants. In addition, the wind often responds to invocations. Generally, these spectacular manifestations happen unexpectedly.

With or without such manifestations, nature spirits often will channel tremendous amounts of power into the magic being performed. It is suggested that you do not consciously try for specific manifestations. Let Nature channel her power into the magic in her own way. If approached with respect, nature may give you many pleasant surprises.

Spectacular physical manifestations are not a necessary sign of success. If you need a spectacular manifestation and nature spirits know this, you will get it. The best success in magic is on the inner planes and more subtle than such manifestations. This success involves beneficial changes in consciousness that last and helpful chains of synchronicity. In addition, working with Nature

Spirits can also bring a deep sense of partnership with Nature, and bring new levels of attunement.

To get the best results, perform nature spirit attunement several hours to several days before the main ritual. The purposes of such attunement are to find suitable power spots and to get the help of friendly nature spirits. This timing gives Nature time to gather her children and to prepare to actively participate in the main ritual.

WHAT TO NOT DO:

If nature spirits are approached with disrespect by attempting to command them rather than listening to them and inviting them to work with you, nature spirits may flee, rebel, or attack. I once attended a ritual by some pseudo-Crowleyites who attempted to perform the "Ritual of the Barbarous Names" at a power spot in a forest and then to extend the circle several hundred yards in all directions.

While the forest in general had loud insect and frog noises, the area at which the ritual took place got quiet immediately when the main ritualist declared that all spirits were subject unto him. The vibes from nature could best be characterized as "Oh yea, Mother...!" One participant was quickly possessed by an angry spirit and kept repeating "You killed my children, your children will never live in peace." When the priestess stepped out of the boundaries of the original circle, she was attacked by bees; and bees covered the Book of the Law. Magicians should know better than to attempt to command spirits whose true names they do not know!

CALLING NATURE SPIRITS:

To make the most out of working magical ritual in the wild, one should find power spots where nature spirits are receptive to the ritual planned and approach the spirits with respect, as equals. In my experience, the most effective power spots for working with the living intelligences of nature are located in wild areas with diverse, active ecologies.

When entering a wild area to find a site for a ritual, find a place that feels good. Then do the following, either individually or, if in a group, as a guided meditation:

o Relax, while standing upright, and focus on your breathing. Breathe deep breaths from the diaphragm. Breathe together if in a group.

- - Feel the wind, and let it relax you and awaken your spirit within, as your deep breathing takes you into non-ordinary reality.
- - Picture, in your mind's eye, a light inside you. As you breathe, feel the light expand, purify and energize you as it expands to fill your aura.
- - Feel yourself glowing, balanced, purified, and full of power.

- - Connect with your inner self (your higher self), and feel your intuitive self operating.

o Feel yourself as:

- - The wind, full of life and intelligence, communicating with all round.
- - The Sunlight, warm, alive, channeling the power to communicate with nature and energizing all around.
- - Water, emotional, intuitive, refreshing, and connected with nature.
- - The Earth, and note how your physical body is able to wander while remaining part of Mother Earth.

o Focus on your spiritual self, and:

- - Note the light within and feel it as love,
- - Expand the light and love beyond the immediate aura of your body to the surrounding area
- - where you will go to find a power spot and contact nature spirits.

o Telepathically (by thinking while channeling the love and light energy) send out signals to nature spirits to emerge and be aware of your presence.

- - Say why you have come, and invite them to join in sharing, mutual celebration, and the work you intend.
- - Visualize the light and love energy you are channeling extending out and merging with the light from distant places.
- - Feel the power of the Earth flowing up through your body and feet. - Feel the power from the sky, and channel this power also to further energize the carrier signal of light and love for communicating with nature.
- - Visualize the light expanding and merging.
- - Continue to send out telepathic signals.

o Now go deeper:

- - Close your eyes, sit on the Earth, and feel your connection while you channel more light and love.
- - Continue modulating the light and love with your thoughts

- - inviting receptive spirits to join with you and to make themselves known.
- - If in a group, someone should start playing a drum at a rate of about one beat per second; and you should listen to the drum and let the drum take you deeper.
- - Affirm that you are a nature magician, a medicine person, who knows and communicates with nature. Let this part of yourself emerge to full consciousness. Let the drum and the connection to your inner self awaken that part of yourself that naturally communicates with other life forms. Let it awaken your telepathic senses.
- - Continue sending telepathic signals to nature.
- - When you feel ready and an inner urge to begin, open your eyes a crack and look around, while continuing to channel love and light and telepathically calling for a response.
- - You may see light coming from certain areas that are receptive. You may get other signals, such as a feeling of power or love returning in a certain direction. Perhaps the type of response to this work will be unexpected; follow your intuition in interpreting it.
- - You may test your connection by communicating (mentally) instructions for signals for yes/no responses (such as light getting brighter for less and darker for no) and then mentally ask questions and observe the responses.

o When you have found an area that seems to be responsive and receptive, begin walking to the area, while beaming love energy. Extend your aura to the area and sense the energy.

ENTERING A POWER SPOT:

- Before entering a power spot, ask permission to enter. If the response is good, enter; if not, locate another more receptive area.
- When entering the power spot, look around. Perhaps the responsive energy will be concentrated around some singularity (a bush, a tree, a specific branch, a moss covered rock, or other entity that stands out). Perhaps the energy will be more general. Use your intuition

and feedback from the spirits to guide your actions.

- If it feels right, send out a signal that you would like to touch the singularity (or the ground) for better communication. If the response is good, approach beaming love energy, and then touch or hug the singularity (or the ground).
- Treat the spirits as you would other Pagans you meet for the first time - be sensitive, open, and listen.

DEEPENING COMMUNICATION WITH NATURE SPIRITS:

o Now that you have made contact with spirits that seem receptive, deepen the communication:

- - Breathe deep breaths from the diaphragm, and with each breath, feel more refreshed.
- - Now imagine that your spine is the trunk of a tree; and, from its base, roots extend deep into the Earth. Deep into the rich moist Earth.
- - With every breath, feel the roots extending deeper
- - Feel the energy deep within the Earth and within the waters of the Earth. Feel your roots absorbing nourishment from the Earth and from its waters.
- - Feel the moist, warm energy rising.
- - Feel it bursting up from the Earth and rising up your spine, like sap rises in a tree.
- - Feel the energy rise to your crown chakra (at the top of your head).
- - Now imagine that you have branches, branches that sweep up and then bend down towards the Earth, like the limbs of a willow.
- - Feel the branches extending and interweaving with your surroundings.
- - Feel the warm, moist energy of the Earth flowing through your branches. As it flows, feel yourself being purified, centered, and connected to the Earth.
- - Feel the power from the Earth flowing through your branches and then down back to the Earth, like a fountain.

- - Note how your branches absorb energy from the air. Also, feel them receiving light (fire) from the sky.
- - Feel the energy from above penetrating deep through your body into the Earth.
- - Feel the warmth of the Earth rising also. - Feel the energy circulating.

o Notice how your branches intertwine with the branches of energy surrounding you.

- - Feel the energy dancing among your branches and the branches around you.
- - Notice how your roots also intertwine with underground energy channels.
- - Feel the energy dancing between your roots and the surrounding energy patterns.
- - Notice how you and the life around you are rooted in the same Earth, breathing the same air, receiving the same fire, drinking the same water, sharing the same underlying essence. You are one with the magical grove.

o Telepathically mention the time in the past when nature spirits and people communicated regularly and the need to establish such communication now.

o Test your connection by asking questions and observing the responses.

WORKING WITH NATURE SPIRITS:

o Explain to the spirits the purpose of your coming to them and the nature of the ritual you plan.

o If the spirits you contacted are receptive:

- - Explain to them the details of the ritual and invite them to provide ideas.
- - Listen, you may receive suggestions on how to improve the ritual. Such suggestions may come in the form of hunches, visions, answers to yes/no questions using pre-arranged signals, or in other ways.
- - Explain what type of space is needed and ask what the best place to perform the ritual is.
- - You may see light or get other psychic signals leading you to other sites, or you may be at one of them.

- - You may also ask what the best places for other aspects of the planned work are (picnicking, individual vision quests, etc.).
- - If preparation of the site is needed (removing briars, preparing a fire circle, etc.) ask permission of the spirits before proceeding with such action.
- - Before you leave the power spot, tell the spirits you have contacted when you plan to return to do the ritual (visualizing the associated lunar and solar aspects can help with this communication).
- - Invite them to join in the ritual when you return and to bring their friends.
- - Ask if it would be best to return silently, with drums, with chanting, or with some other form of approach.
- - You can also ask the spirits to provide guidance for working in balance and to provide a teacher to provide further guidance.

o Before you leave the power spot:

- - Thank the spirits,
- - Channel love energy,
- - Trigger your memory of the experience, and
- - If it feels right, leave an offering of tobacco, or beer and honey poured on the ground (or other suitable material).

o Leave in peace and love.

o Proceed to other sites that were indicated by the spirits, doing similar meditations at each site.

o If you need something, like a staff, a Maypole, or a wand, you can also ask where you can find it and follow the guidance you receive (not slavishly, but as you would guidance from another Pagan).

o Before leaving the general area in which you found power spots and contacted nature spirits:

- - Channel love energy towards the receptive sites you found,
- - Thank the spirits of the land,
- - Pull back your roots and branches,
- - Ground any excess energy into the Earth (placing your hands on the Earth, breathe in any excess energy, and channel the energy down your

arms, while visualizing and feeling the energy going into the Earth), and

- - Leave in peace and love.

o Naturally, you should leave the area at least as clean, and preferably cleaner, than you found it.

o If you work with techniques of Wicca or Ceremonial Magic, you may find that by casting a circle, calling the Elements, the Goddess, the Gods, and the local nature spirits while you are at receptive sites, you may be able to greatly increase communication.

o Through the use of drums and other power raising techniques, it is even possible to energize receptive nature spirits. The results can be very interesting. If with a coven, such circles can be done as part of a group attunement to a power spot you have located.

o If you do not get good feelings in response to your explanation of the ritual and are unable to come up with a ritual that gives good responses, do not try to force a good response. You would only be fooling yourself.

- - Thank the spirits for their attention.
- - Ask them why they are not receptive (if it feels right and they are communicative).
- - Trigger your memory.
- - Pull back your "roots and branches," return any excess energy you feel into the Earth.
- - If it feels appropriate, leave an offering of tobacco or other appropriate material, out of respect for the spirits.
- - Move to a more receptive site.

o If it is hard to find a site that is really receptive, you should: - Consider any impressions you got of why the nature spirits weren't receptive in the area you were in, and re-think your plans for a ritual, as necessary and appropriate. - It may also be appropriate to look for another general area in which to find a suitable power site that is receptive to the work planned.

WHAT TO DO WHEN RETURNING:

It can be very powerful to purify and center yourself and to attune to the spirits of the land using the techniques previously described for calling nature spirits immediately upon returning to the site.

Often, individuals may have found small specific power spots to which they have a special attunement, where the spirits are interested in participating; but where the site is too small, has too much vegetation, or is otherwise unsuitable for the main ritual. Individual attunement to the spirits in such areas and inviting them to participate in the main ritual can be worthwhile.

Then approach the main ritual site using the previously arranged technique. You should have the details worked out with the spirits of the land. An exceptionally powerful technique involves doing a procession through or past receptive power spots, inviting nature spirits to join as you pass each power spot, and then moving to the central power spot for the main ritual. If participants are at individual power spots, they can join the procession as it passes nearby.

When consecrating space in the wild, or casting a circle, do not set up the perimeter as a barrier to all outside forces; it should be a beacon to attract friendly nature spirits, a container for holding magical power, and a barrier to spirits who it isn't right to be with.

One thing that is fun and worthwhile in nature is to bring instruments, such as a rattle, a flute and/or a drum, to tune in to nature's sounds, and to make music in time to nature's sounds. You may be able to get some very interesting back and forth exchanges of music going with selected creatures of the wild, and get into an amazing jam session.

After the work is complete, be sure to thank the spirits for their participation. Libations and other offerings may also be left for the spirits during and/or after the ritual.

PRESERVATION OF THE RAIN FORESTS SPELL

Cast a circle

Invoke elements by calling upon them in protective aspects (for example, you might invoke Watchfires or Beacons in the South).

Chant the names of the Earth Goddess, beginning with your personal favorites, then naming as many as you can think of.

Take a piece of green string. Begin to tie knots in it, while chanting:

"Tying the Cord,
Renewing the Earth;
We are Her Children,
bringing Rebirth."

(The knots may be simple or elaborate, but leave enough string to tie together at the end.) As you chant, see the world as a network of connected systems. Breathe the air that comes from the jungles of South America. Feel the living fire of an ocelot's power. Taste the rain on the leaves at the tops of the trees. Feel the delicate structure of the soil at the forest floor.)

Tie the cord together in a loop; hold it up, strung around your two hands, and begin chanting:

"We are the Flow and we are the Ebb;
We are the Weavers,
we are the Web."

As you chant, see yourself standing guard over the borders of the rainforest. See yourself with others, protecting rainforest as you would protect yourself, because that's what you're doing.

Bury the cord in a container of earth. Earth the power; thank the Deities and elements; open the circle. Later bury the cord in the forest if possible.

(If circumstances make the above impossible):

Sit quietly and see: the network of ecosystems that make up the world; the rainforests thriving; plants and animals breeding; the Earth, green and filled with life; yourself, standing guard. Breathe, and know that the air comes from the sea and the jungles of Brazil. Drink and know that the water has been around the world, and circulates through you as it does through the air, land, and sea. Stand up and stretch; the strength of your body is the Earth's strength.

RESIN SAPPING

Ever run into a situation where you need the resin from a certain tree and can't find it? I have. I also go through a lot because I use it as a binder in my incenses and I like to use the appropriate resin so as not to disalign my energies. This is how I do it:

{Don't forget to ask the tree you sap permission to do so!}

1. Ensure the tree you select will sap well. Look at where branches have fallen; are the wounds covered with dry sap? Is there sap at seemingly random points on the tree? You have a sapping tree. If you are unsure, poke a small hole in the tree and come back in a week, if there is sap there, you have a winner, if not, find a different type of tree. You may end up having to bite the bullet and buying some.

2. Once you have a sapping tree wait until the conditions are right. Perfect conditions are late February to early March. The temperature should have been around the 40's for several days prior. Most of us may not live in a place where this will happen, or need it at another time of the year. I recommend waiting for the coldest couple of days, and begin the sapping early in the morning, at first light or earlier.

3. Look for dry sap on the tree that you can collect. If there is none, or not enough, follow steps 4-5, if there is enough "natural sap" do not follow steps 4&5.

4. "Wound" the tree, be sure to thank the tree, ensure the cut goes to the beginning of the heartwood so you know you have penetrated the sapwood. make SURE that the wound is no larger than 1"

5. Return each week until the sap covering the wound has dried, or you can collect it while wet, and let it dry. Your choice.

6. Once you have collected enough dry sap you have 2 choices: 1: grind the sap into a powder on the spot (see step 9 for details) or homogenize (make all of the sap one consistency, color, etc.) if you just grind it go to step 9. If you decide to homogenize, continue. You must homogenize to make bar resin.

7. Place all dry sap in a glass bottle (with all labeling removed). Place the bottle directly on the stove and set it to a low heat. Heat until all sap has mixed and is uniform in color and has no major chunks (small ones are usually ok). The sap should have been boiling for a while now. If making bar sap, pour into a mold/onto wax paper and let dry, you are done. For powdered resin, continue.

8. Pour resin onto a plastic bag or wax paper and allow to dry. To ensure the resin is dry, cover with COLD ice water for a while and dry COMPLETELY.

9. To grind you will need a mortar and pestle. Ensure resin is COMPLETELY DRY. Clean your mortar and pestle immediately prior to grinding. Ensure it is bone dry. Smash the sap lobes/bars/plates in to smaller pieces then grind as usual. A little will stick to the sides, just scrape it off with a spoon. (be sure to clean your mortar and pestle afterwards) You are done.

XIII. ELEMENTS

FOUR PORTALS RITUAL

A ritual honoring the four Portals.

I use this as a weekly gesture to honor the four elemental Kings, Elements, Portals, or Directions and can be adapted to suit. It is a ritual of acknowledgment of the elementals help we receive each day in order to live, the help they give us in order to work our spells and the hard work they do to keep all living beings and the planet alive. It is a symbolic giving of a little something and to ask nothing in return - a kind of thanks-giving as it were.

Preferably at dawn or dusk when the veil between the worlds is at its thinnest, place four candles, stones etc that represent the elements, place a white candle in the center and cast your circle (circle casting is optional). Have prepared on your altar grains (rice or wheat) to represent Earth, small blossoms (I use scented white Jasmin) for Air, wine for Water and incense (stick) for Fire.

You may begin with Air or Fire, your choice.

For Fire:

I start with Fire - take up the incense stick or cone (in a receptacle) and say:

"From the depths of my being and the center of this microcosm (touch incense stick on central stone or central white candle) I take this offering to the limits of the macrocosm to the Portal of Fire (walk in the direction of Fire and halt facing outward toward the direction of Fire) O Guardian of the Portal of Fire, I come to you with this humble offering as a token of our alliance. Since I have fire within my body, in order to live I am your kin as you are mine, O sovereign Jinn, O mighty Fire Dragon, elementals of Fire; Salamanders and Fire Drakes, please accept this small gift with my blessings - may there be healing and blessings within your realm (place incense down), I honor thee O Fire." (Retreat to center of circle).

For Earth:

Take up receptacle of grains and say:

"From the depths of my being and the center of this microcosm (touch dish on central stone or central white candle) I take this offering to the limits of the macrocosm to the Portal of Earth (walk in the direction of Earth and halt facing outward toward the direction of Earth) O Guardian of the Portal of Earth, I come to you with this humble offering as a token of our alliance. Since I have flesh and bones within my body and eat of Mother earth's grains in order to live I am your kin as you are mine, O sovereign Ghob, O mighty Earth Dragon, elementals of Earth; Gnomes and Dwarfs, please accept this small gift with my blessings - may there be healing and blessings within your realm (place grains down), I honor thee O Earth." (Retreat to center of circle).

For Water:

Take up goblet of wine and say:

"From the depths of my being and the center of this microcosm (touch goblet on central stone or central white candle) I take this offering to the limits of the macrocosm to the Portal of water (walk in the direction of Water and halt facing outward toward the direction of

Water) O Guardian of the Portal of Water, I come to you with this humble offering as a token of our alliance. Since I have fluids in my body and emotions in my heart and cannot live without water I am your kin as you are mine, O sovereign Nixa, O mighty Water Dragon, elementals of Water; Undines, Mermaids, Tritons and Water Sprites, please accept this small gift with my blessings - may there be healing and blessings within your realm (pour wine libation), I honor thee O Water." (Retreat to center of circle).

For Air:

Take up receptacle of flowers and say:

"From the depths of my being and the center of this microcosm (touch dish on central stone or central white candle) I take this offering to the limits of the macrocosm to the Portal of Air (walk in the direction of Air and halt facing outward toward the direction of Air) O Guardian of the Portal of Air, I come to you with this humble offering as a token of our alliance. Since I have breath in my breast and thoughts in my mind, without air I cannot live, I am your kin as you are mine, O sovereign Paralda, O mighty Air Dragon, elementals of Air; Sylphs and Elves, please accept this small gift with my blessings - may there be healing and blessings within your realm (place flowers down), I honor thee O Fire." (Retreat to center of circle).

Sit down in quiet meditation in the center of your circle. Meditate on each element, elemental being or animal of that element.

Open circle at end of ritual.

ELEMENTAL CAULDRONS

Using a cauldron, symbol of inspiration and rebirth, has brought new dimensions to both group and solitary work. A cauldron decorates the center of the Circle during Lesser Sabbats. An air cauldron at a spring rite creates a misty, magical quality for the ceremony. In summer, the cauldron will flash and spark. A blue flame burns mysteriously within the Water cauldron during the autumn festival. Throughout Yule, the Earth cauldron burns steadfast and constant. During moon rites, when magick is done, we write the purpose of our working on flash papers and toss them into the burning cauldron while chanting.

A working cauldron should be of cast iron, with a tight-fitting lid, three sturdy legs, and a strong handle. Season

your cauldron before using it for the first time. Pour in generous helping of salt and lighter fluid, slosh it up to the rim and wipe dry. For indoor use it MUST have a fireproof base or your workings will summon up yellow-coated salamander spirits from the fire department.

EARTH Cauldron

Layer salt, wax shavings, three powered or ground herbs, fighter fluid and ivy leaves in the cauldron while focus and chanting. Use a candle to light it. When the smoke starts to roll, extinguish the cauldron by putting the lid on.

AIR Cauldron

Using tongs, put a chunk of dry ice in a small glass or ceramic bowl and place the bowl on a cloth in the bottom of the cauldron. Allow the cauldron to smoke as long as the ice lasts. The mists create excellent images for scrying.

FIRE Cauldron

Cover the inside bottom with dirt or sand to dissipate heat. Light incense charcoal and add either salt petter for flame and spark or flash powder for a different but spectacular effect. To assist in releasing or firing off peak energy, try using flash "bombs". Make a small pocket in a piece of flash paper, fill with flash powder and tie with thread. The "bomb" should be about the size of your smallest fingernail. The results are spectacularly bright, so use the powder sparingly. Don't look directly at the flash as you drop the "bomb" in the cauldron.

WATER Cauldron

At least seven days before the ritual, place equal quantities of three appropriate herbs in a pint glass jar. Fill the rest of the jar with Everclear (200 proof alcohol), cap tightly, and shake gently while concentrating on the purpose of the ritual. Add a chant if it feels right. Let the jar rest in a dark, warm spot and shake twice daily, charging with purpose. Before the ritual, place a fireproof ceramic or glass bowl in the cauldron. Pour in the herb mixture, being careful none spills into the cauldron. Light with a candle to produce a beautiful blue flame.

The cauldron, as the fifth elemental spirit, symbolizes inspiration, rebirth, illumination and rejuvenation. Use a Fire cauldron with salt petter to cast a Circle. Use the mists of an Air cauldron for an initiation. Burn away hate, prejudice and negative self-images, with a Water cauldron. The Earth cauldron is ideal for indoor Beltane rites.

Remember to place a burning cauldron on a fireproof surface. Practice safety when using any volatile materials and you will enjoy your cauldron for many rites.

XIV. HOME AND BODY

RITUAL BATH

The purpose of a ritual bath is to cleanse Yourself, from the inside and out, of negative energies and prepare your Physical, Mental and Spiritual Self for Circle. A ritual bath is a rite in and of itself. The rite is ideally done just prior to Circle, but this is not always the case. [An example of such is if you have to travel to the meeting place.] After the rite is completed and you must travel to another place for Circle, try to keep your mind in a Spiritual frame as this will aid you in Circle.

The bath water should be infused with salts, herbs oils and colors that are harmonious with the work to be done in Circle. To prepare for the bath:

- Select the Herbs, [it is best to have your herbs in a satchel for easier clean-up] oils and salts [of the same color as the candle] that you will be using.
- Have a censer and charcoal block ready to burn a corresponding incense on.
- Anoint a candle of appropriate color [Possibly using the same oil as you are using in the bath water.] If you have a shrine set up in your bathroom, there should be a Goddess and God candle present.
- Have some Rite Water ready. [Rite Water is made from: 1/3 sea-water {river-water with sea-salt added will do if sea-water is unavailable}; 1/3 river-water; 1/3 spring-water {store bought is OK}.]
- Have a tape recorder with meditation music in the bathroom with you, as its aid to visualization and meditation is invaluable. [Be cautious to have the tape recorder far away from any water and DO NOT TOUCH IT WHILE YOU ARE STILL WET.]
- A glass of wine is also needed for consumption upon completion of the rite.
- And your libation dish for the libation to the God and Goddess.

TO BEGIN, turn out the lights and light the candle(s) and incense, turn on tape, fill the tub with warm water and add herbs, oils, salts and a cup or so of Rite Water. With your Athame draw and visualize a Water or Banishing Pentagram over the bath water. All of these tools represent the four Elements: Air/the incense and the scents from the bath, Fire/the heat of the bath, Water/the bath and Rite Water and, Earth/the herbs and oils.

Lower yourself into the water and visualize it cleansing you of all negativity. Know that these energies are flowing from your Physical, Mental and Spiritual Self into the water. Relax and enjoy the warmth of the water, the scents in the air and the feeling of being cleansed of all negativity, let yourself drift. Now concentrate and visualize on the purpose of the coming ritual and know that you are truly prepared. When you feel you are ready, pull the plug and stay in the tub until all the water has drained. As the water is draining visualize and know that the negative energies that are now in the water are going into the Earth and are grounded.

Rise up out of the tub and do a Self Blessing like the following:

Anoint each area while saying aloud:

Blessed be my Mind, that learns of Your ways [anointing your forehead]

Blessed be my eyes, that have seen this day.

Blessed be my lips, That utter Your names and keep Your secrets.

Blessed be my breast(s), formed in strength (Beauty).

Blessed be the phallus (Womb), For without which I would not be.

Blessed be my knees, that shall kneel at thy Sacred Altar.

Blessed be my feet, that have brought me in these ways.

Pour a libation to the Gods and drink the wine. When dried, robe, clean-up the bathroom and take the libation outside to return it to the Earth. The rite is ended.

SO MOTE IT BE!

ROOM BLESSING

A room blessing involving elemental quarter invocations:

- Face each direction (with arms out in appropriate elemental invoking gesture), and say, while channeling and visualizing elemental power:

Powers of (say direction),

Powers of (say corresponding element),

We greet you, we honor you, we welcome you here!

Watch over and bless and protect this place.

- After each invocation, shape the energy into columns of light by sweeping ones arms together until they are parallel and sweeping them up and down while channeling and shaping the energy,

- When the energy is properly shaped, say:

So mote it be!

- After you have done all four quarters, channel in spirit energy.

To return the energy to a more mellow state while energizing yourself, put your hands out and take in a bit of the energy into yourself from each direction, going widdershins, hold hands to your heart and take in the energy (techniques also exist for bringing it into a stone and retrieving it when needed).

HOME BLESSING

When I cleanse a dwelling place, first I burn a good cleansing incense, like frankincense or sandalwood in the home while I prepare for the rest of the ritual. You should have in addition to the incense, a candle, a bowl of salt water and a bowl of herbs. I particularly like to use rose buds for love, lavender for preservation, rosemary for protection, and any other sweet smelling ones that appeal to you personally. If you can get them home grown, so much the better. You should proceed around the house, widdershins(counter clockwise) and cleanse the area with the salt water. Be sure to get each corner, window, door, drain, etc. Simply sprinkle a little salt water on each and ask that any evil or disruptive influences leave the place. When this is finished, proceed around the house deosil(clockwise) sprinkling the blessing herbs and invoke whatever deities or properties you wish on the home, such as peace prosperity, tranquility, etc. In the past, I have used 3 candles on the central altar. Blue, symbolizing tranquility, green for healing and prosperity, and purple for protection. Others might be pink for love, or brown for hearth and home. You and anyone who is to share the home with you should share food and drink, and don't forget to leave a little of the food and drink to take outside and return to the Earth that which has been given.

FOUR WEEK FAST

Warning: The Inner Sanctum is not help responsible for mis-use of this information. We advise a doctor's permission before attempting any fasting.

FIRST WEEK

If you normally eat meat, begin to eliminate it from your diet during this first week. If you feel you must eat it, eat a small amount and no more than 3 times during the week.

Eliminate all alcoholic beverages, carbonated beverages (except for bottled waters such as Artesia, etc.), and diet drinks. Substitute fruit juices or fruit drinks.

Refrain from smoking (anything), or using any other intoxicants.

Cut way back on any other stimulants, such as coffee or tea or cocoa. No more than three cups a day if you are a heavy coffee or tea drinker.

Use as little salt as possible and no other spices.

Refrain from sweets - cakes, pies, candy.

Drink large amounts of fluids, especially water.

SECOND WEEK

Eliminate meat entirely. Substitute dairy products - IN MODERATION.

Continue to limit intake of stimulants (coffee, tea, cocoa), cutting back to no more than two cups a day.

Continue to avoid tobacco, alcohol, other intoxicants, spices, and soft drinks, and use as little salt as possible.

Continue to drink large amounts of water.

Your diet should consist largely of vegetables and grains, with large amounts of liquids.

THIRD WEEK

Limit intake of stimulants (coffee, tea, cocoa) to one cup a day.

Continue to avoid tobacco, alcohol, other intoxicants, meat, spices, and soft drinks, and use as little salt as possible.

Do not use meat in seasoning vegetables.

Your diet should consist of vegetables and fruits only. Raw vegetables and fruits are best (nuts can be included). Drink large amounts of water and substitute fruit or vegetable juices for meals as often as possible.

FOURTH WEEK (first four days)

Fluids only. Fruit and vegetable juices in desired quantity, cutting back each day. Drink large amounts of water. If you feel you must have coffee, limit it to a cup a day (a half cup if possible).

If you feel you must have something the first day or so of this week, a small handful of raisins or other dried fruit may be taken. Nibble slowly. As the week progresses, continue to cut back on nibbles and the amount of juice taken. A spoonful of honey added to hot water helps satisfy the craving for hot beverages and gives you an energy boost.

THE FAST (next three days)

The fast should last for three days. It is best to do this on a weekend and if possible, alone and in the woods. (Go camping!)

Drink lots of water and if you feel the need for an energy stimulant, a small amount of honey may be added to hot water.

Spend as much time as possible in meditation. This period should sooth your spirit as well as cleanse your body.

RELAX!

You will probably want to sleep a lot. Do so. Allow yourself to drift with your thoughts. Do not attempt to solve your problems during this time. They will solve themselves later, for your mind will be clearer after the fast is over.

Most people feel great the first day, a little weakness the second day, and great again on the third day.

AFTER THE FAST

Eat lightly for your first meal after the fast. It is best to begin by returning to fruit and vegetable juices and working your slowly into solid foods over a few days.

THE MOST IMPORTANT THING TO REMEMBER IS TO DRINK LARGE AMOUNTS OF WATER ALL THE WAY THROUGH! This flushes out toxins the body is releasing.

XV. INCANTATION AND SPELLS

COURAGE, WISDOM AND POWER SPELL

When: Full Moon

Need:

1x Red Candle

1x Purple Candle

1x White Candle

1x Silk Rope (any length and thickness)

Procedure:

Cast your circle

Light the candles and lay the rope on your altar

Chant as you tie a knot in the rope:

"With this rope I bind thine power,
to be mine for second or hour.

To make me strong when I am weak.

To give me wisdom that I seek.

To give me courage as not to flee.

Thine will be done, so mot it be."

Keep the rope with or near you to receive the power and courage you requested, but only use these gifts for selfless reasons and remember the Threefold Law.

A SPELL TO BREAK THE POWERS OF A SPELL (DEFENSIVE SPELL)

If you believe that a spell has been cast against you, place a large black candle in a cauldron (or a large black bowl). The candle must be tall enough to extend a few inches above the cauldron's rim. Affix the candle to the bottom of the cauldron with warmed beeswax or the drippings of another black candle so that it will not tip over.

Fill the cauldron to the rim with fresh water, without wetting the candle's wick. An inch or two of the candle should remain above the water. Deep breathe, meditate, clear your mind, and light the candle. Visualize the suspected spell's power as residing within the candle's flame. Sit in quiet contemplation of the candle and visualize the power flowing and growing with the candle's flame (yes the power against you). As the candle burns down, its flame will eventually sputter and go out as it contacts the water. As soon as the flame has been extinguished by the water, the spell will be dispersed.

Break your visualization of the spell's power; see it explode into dust, becoming impotent.

Pour the water into a hole in the ground, a lake or stream. Bury the candle. It is done.

SPELL TO EASE A BROKEN HEART

You will need the following ingredients (be sure to charge them all before you begin):

- strawberry tea (one bag)
- Small wand or stick from a willow tree
- sea salt
- 2 pink candles
- a mirror
- one pink drawstring bag
- one quartz crystal
- a copper penny

- a bowl made of china or crystal that is special to you
- 1 teaspoon dried jasmine
- 1 teaspoon orris-root powder
- 1 tsp. strawberry leaves
- 1 teaspoon yarrow
- 10 plus drops apple-blossom oil or peach oil
- 10 plus drops strawberry oil

On a Friday morning or evening (the day sacred to Venus) take a bath

in sea salt in the light of a pink candle. As you dry off and dress,

sip the strawberry tea. Use a dab of strawberry oil as perfume or

cologne. Apply makeup or groom yourself to look your best. Cast a

circle with the willow wand around a table the the other ingredients.

Light the second pink candle. Mix all oils and herbs in the bowl.

While you stir look at yourself in the mirror and say aloud: "Oh,

Great Mother Goddess, enclose me in your loving arms and nurture and

bring forth the Goddess within me." Gaze deeply into the mirror after

you have finished mixing the ingredients and say aloud, "I represent

the Great Goddess, Mother of all things. I shine in the light of the

Golden Wings of Isis. All that is great and loving only belongs to

me." Then put half the mixture in the pink bag and add the penny and

crystal. Carry it with you always [or until you find another love].

Leave the other half of the potion in the bowl, out in a room where

you will smell the fragrance. Repeat this ritual every Friday if necessary.

TO GET A JOB SPELL

Supplies needed:

Green Candle

Quartz and Onyx stones

Cinnamon

Lavender Oil

Alter Oil

4 Pennies.

Preparation:

Carve the name or type of job you desire (for me it was the name of the store I had worked at previously, this spell was to get that job back) consecrate your candle with alter oil and cinnamon. Place candle in candle holder and place in the middle of a dish, now sprinkle the cinnamon on and around the candle, place the Quartz and Onyx stones around dish also, pennies are also placed around the dish. Burn Lavender Oil, now say this spell while visualising having your job, and really feel that you will have this job, do not doubt this spell. let the candle burn all the way down.

At this time and in this hour,
I call upon the ancient powers,
of the Lord and Lady
I light this candle and
say this spell and ask of thee,
please bring my old job back to me,
with harm to none
as you will it
so mote it be!

HOME PROTECTION MIRROR SPELL

Compose an altar: place a censer in the center before an image of the Goddess. Have a twelve-inch (or so) round mirror there as well.
Ring the altar with nine white candles. Burn a protective incense (such as sandalwood, frankincense, copal or rosemary) in the censer.
Beginning with the candle most directly before the Goddess image, say these or similar words:

Lunar light protect me!

Repeat as you light each candle until all are glowing.
Now, holding the mirror, invoke the Goddess in her lunar aspect
with these or similar words:

Great Goddess of the Lunar Light
and Mistress of the Seas;
Great Goddess of the Mystic Night
and of the Mysteries;
Within this place of candles bright
and with Your mirror nigh;
Protect me with Your awesome might
while ill vibrations fly!

Standing before the altar, hold the mirror facing the candles so that it reflects their flames. Keeping the mirror toward the candles, move slowly, clockwise, around the altar, watching the reflected firelight bouncing off your surroundings.

Gradually increase your speed, mentally invoking the Goddess to protect you. Move faster and faster; watch the light shattering the air, cleansing it, burning away all negativity and all lines along which the ill energies have traveled into your home.

Charge your home with the protective light of the Goddess. Race around the candles until you've felt the atmosphere change, until you feel that your home has been cleansed and guarded by the Great Goddess.

When finished, stand once again before the image. Thank the Goddess in any words you wish. Pinch out the candles one by one, bind them together with white cord and store them in a safe place until (and if) you need to use them again for this same purpose.

OBJECT PROTECTION SPELL

With the first and middle fingers (or your Athame, if you have it with you), trace a pentagram over the object to be protected. Visualize electric-blue or purple flame streaming from your fingers (Athame) to form the pentagram. Say this as you trace:

With this pentagram I do lay
Protection here both night and day.
And to the one who should not touch
Let the fingers burn and twitch.
I now invoke the Law of Three:
This is my will, so mote it be!

GETTING A GOOD PARKING SPACE SPELL

The Invocation of Squat -- to get a good parking space

I learned this spell some years ago at the Etheracon conference. I forget who taught it, it might have been Judy Harrow but I'm not 100% certain. Squat is the Deva of Parking. She takes the form of a heavyset black woman in a meter-maid's uniform. Parking meters are her altars and the parking fee counts as the sacrifice in the spell. If no parking meter is present, a couple of pennies should be dropped in the street or sidewalk as the offering. The ritual goes as follows:

If you are having trouble finding a good parking space, make the sign of Squat: hand splayed with thumb and ring finger touching (sort of like the OK sign but to the ring finger,) picture the Deva, Squat, described above and chant:

"Squat, Squat, find me a spot"

Until a space presents itself. After you have parked, give the offering and thank the Deva with the chant:

Squat, Squat, thanks for the spot. We think you're real hot and we love you a lot"

Don't laugh. I've used this spell many times and it works well. It is reputedly in common usage among New York City pagans.

A PARTING SPELL

This is a spell I came up with, very short. It is meant for a parting, when someone is leaving you for any length of time and you wish them safely there and back. I do this when my family or friends travel long distances. While touching or thinking of the person speak these words.

"From this hour until your return,
this candle of hope I will let burn.
My lord and lady, watch over you.
Keep you safe, from harms view.
From now until you return to me.

This is my will, so mote it be."

The other variation of this spell is the same words only each night before I sleep I light a gold and silver candle and let it burn for three minutes as I speak the spell. I usually do this if those I am doing this for are going to be gone for a long period of time.

PROSPERITY SPELL

The following is a quarterly prosperity spell given to me by Angel and

Gracie, my first two FamTrad teachers. I have no idea where they got

it, but I can tell you that it DOES work. I've used it for years and

it never fails to bring me some unlooked for money. I find that I've

overpaid a bill, or an old debt which I had written off as uncollec-

tible gets repaid, I find a \$20 on the sidewalk, etc. Try it, it

works!

The spell is to begin at one minute past midnight

SUN TIME (I HATE

daylight savings time when I do this. Means 1AM!) on the night of

April 30 (May 1), July 31 (Aug 1), Oct 31 (Nov. 1) and Jan 31 (Feb 1)

In other words, on the first minute of the cross quarter day.

You will need the following:

- 1 gold candle
- 6 green candles
- 9 white candles
- Pine oil for anointing candles
- salt

All candles must be dressed with pine oil and then arranged as follows:

Gold candle in the center

Green candles in a circle around gold candle

White candles in a circle around green candles.

At one minute past midnight on the appointed day, trace a salt circle

around the outermost circle of candles, light the gold candle first,

then the green candles, moving deosil, then the white candles, moving

deosil. Circle the altar three times, chanting

"Orbiting Jupiter

trine the sun, bring money on the run." Do the chant 3 times also.

Sit quietly for a few minutes and visualize your monetary NEEDS.

(needs, not desires). Then SNUFF (do not blow or pinch) the candles in reverse order.

That's it. That's all there is to it and it works beautifully.

PRYING EYES SPELL

Next time you lose an eyelash, don't just brush it away, save it. You'll also need a length of string of a natural material. Silk is the best, but cotton or wool will also work just fine. (Yarn will do, but no acrylics.) Cut the string to the length of the span of your hand. Perform whatever cleansing and grounding rituals you think are appropriate before spell work. Place the eyelash on the string and tie a tight knot around the lash, chanting:

"Bind the eyes of all that see. Secrets here but no harm be."

Wrap the string around the doorknob of the room you wish to protect and secure well. As long as you don't do anything blatantly and obviously pagan, anyone who might accidentally see your magic gear will not realize its significance.

SAFE TRAVEL SPELL

You will need:

* 2 white candles annointed with sandalwood oil.

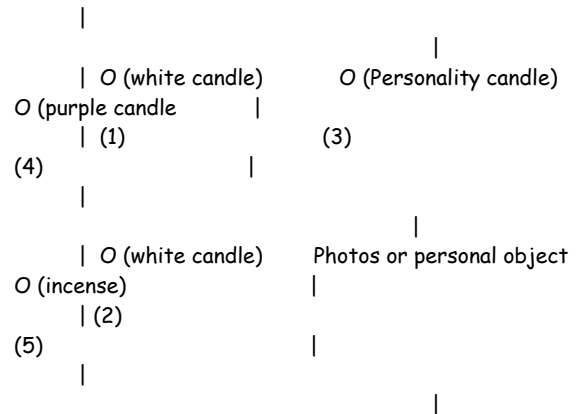
* 1 purple candle annointed with sandalwood oil.

* Photo or personal articles of the person the spell is for

* "Personality" candle, appropriate to the recipient of the spell

* Sandalwood incense

Altar should be arranged as below:



Light white candles (1& 2) light personality candle (3) light purple candle (4), light incense (5). Repeat the following invocation:

"Hail Mother of the World!
Nanna, Isis, Astarte, Selene, Holy Sin (pronounced Sheen).

See me, look upon me
See me, look upon me
See me, look upon me
Protect me and my people tonight.
Send your white light around me.
Send your protective light around

That they may be protected
As they travel and as they dream.
Send only good and lucid energies their way.
Thank you.
Thank you.
Thank you.

You can either let the candles burn out by themselves, or snuff them in reverse order and let them burn a little each night if the person will be on an extended trip. On the last night let them burn down on their own. NEVER blow out or pinch out the candles. This destroys the luck.

XVI. INVOCATION

THE CHARGE OF THE GODDESS

Whenever ye have need of any thing, once in the month, and better it be when the moon is full, then shall ye

assemble in some secret place and adore the spirit of She, who is Queen of all witches. There shall ye assemble, ye who are fain to learn all sorcery, yet have not won its deepest secrets; to these will She teach things that are yet unknown. And ye shall be free from slavery; and as a sign that ye be really free, ye shall be naked in your rites; and ye shall dance, sing, feast, make music and love, all in Her praise. For Hers is the ecstasy of the spirit, and Hers also is joy on earth; for Her law is love unto all beings. Keep pure your highest ideal; strive ever towards it; let naught stop you or turn you aside. For Hers is the secret door which opens upon the land of youth and Hers is the cup of wine of life, and the cauldron of Cerridwen, which is the Holy Grail of immortality. She is the gracious goddess, who gives the gift of joy unto the heart of man. Upon earth, She gave the knowledge of the spirit eternal; and beyond death, She gives peace and freedom, and reunion with those who have gone before. Nor does She demand sacrifice, for behold, She is the mother of all living, and Her love is poured out upon the earth.

She who is the beauty of the green earth, and the white moon among the stars, and the mystery of the waters, and the desire of the heart of man, calls unto thy soul. Arise, and come unto Her. For She is the soul of nature, who gives life to the universe. From Her all things proceed, and unto Her all things must return; and before Her face, beloved of gods and men, let thine innermost divine self be enfolded in the rapture of the infinite. Let Her worship be within the heart that rejoiceth; for behold, all acts of love and pleasure are Her rituals. And therefore let there be beauty and strength, power and compassion, honor and humility, mirth and reverence within you. And thou who thinkest to seek Her, know thy seeking and yearning shall avail thee not unless thou knowest the mystery; that if that which thou seekest thou findest not within thee, then thou wilt never find it without thee. For behold, She has been with thee from the beginning; and She is that which is attained at the end of desire.

THE CHARGE OF THE GOD

Listen to the words of the Horned God, the Guardian of all things wild and free, and Keeper of the Gates of Death, whose Call all must answer: I am the fire within your heart... The yearning of your Soul. I am the Hunter of Knowledge and the Seeker of the Holy Quest I - who stand in the darkness of light am He whom you have called Death. I - the Consort and Mate of Her we adore, call forth to thee. Heed my call beloved ones, come unto me and learn the secrets of death and peace. I am the corn at harvest and the fruit on the trees. I am He who leads you home. Scourge and Flame, Blade and Blood - these are mine and gifts to thee.

Call unto me in the forest wild and on hilltop bare and seek me in the Darkness Bright. I - who have been called;

Pan, Herne, Osiris, and Hades, speak to thee in thy search. Come dance and sing; come live and smile, for behold: this is my worship. You are my children and I am thy Father. On swift night wings it is I who lay you at the Mother's feet to be reborn and to return again. Thou who thinks to seek me, know that I am the untamed wind, the fury of storm and passion in your Soul. Seek me with pride and humility, but seek me best with love and strength. For this is my path, and I love not the weak and fearful. Hear my call on long Winter nights and we shall stand together guarding Her Earth as She sleeps.

INVOCATION TO BALDR

"Baldr, Son of Frigg, Join us.
Baldr, Son of Odin, Join us.
Baldr, Husband of Nanna, Join us.
Baldr, Brother of Hodr, Join us.
Baldr, Brother of Hermod, Join us.
Baldr, Father of Forsetti, Join us.
Baldr, Slain by blind Hodr, Join us.
Baldr, Master of Breidablik, Join us.
Baldr, Who is much loved, Join us.
Baldr, Who Thokk alone would not mourn, Join us.
Baldr, The Fairest of the Aesir, Join us.
Baldr, Whose Judgments stand unaltered, Join us.
Baldr, Whose Judgments stand unheeded, Join us.
Baldr, The Wisest of the Aesir, Join us.
Baldr, The Shining One, Join us.
Baldr, Your servant _____ calls you!
Come to me NOW!"

INVOCATION TO BRIGIT

"Brigit, Wise One,
We, your children, call to you.
Lady, Smithy,
We, your children, invite you here.
Triple Goddess,
We, your children, ask your presence.
Brigit, Wise One,
We, your children, call to you.
Lady, Smithy,
We, your children, invite you here.
Triple Goddess,
We, your children, ask your presence, NOW."

INVOCATION TO FREYJA

"Freyja, Of the many names, Join us.
Freyja, Of the golden tears, Join us.
Freyja, Daughter of Njord, Join us.
Freyja, Wife of Od, Join us. Freyja, Sister of Freyr, Join us.

Freyja, Mother of Hnoss, Join us.
Freyja, Claimed by Thrym, Join us.
Freyja, Driver of cats, Join us.
Freyja, Goddess of Fertility, Join us.
Freyja, Who shares the slain with Odin, Join us.
Freyja, Who taught the Aesir Magick, Join us.
Freyja, Lender of Falcons' Flight, Join us.
Freyja, Mistress of Brisingamen, Join us.
Freyja, Mistress of Folkvang, Join us.
Freyja, Mistress of nature, Join us. Freyja,
Your servant _____ calls you! Come to me NOW!"

INVOCATION TO FREYR

"Freyr, Son of Njrd, Join us.
Freyr, Husband of Gerdr, Join us.
Freyr, Brother of Freyja, Join us.
Freyr, Father of kings, Join us.
Freyr, Whose sword would fight for itself, Join us.
Freyr, Who gave his sword for Gerdr, Join us.
Freyr, Patron of married couples, Join us.
Freyr, Most beautiful of Gods, Join us.
Freyr, Whose tooth-gift was Alfheimr, Join us.
Freyr, Master of Gullinbursti, Join us.
Freyr, Owner of Skidbladnir, Join us.
Freyr, Slayer of Beli, Join us.
Freyr, Master of Frodi's Peace, Join us.
Freyr, Who directs Man's good fortune, Join us.
Freyr, Who brings fruitful seasons, Join us. Freyr,
Your servant _____ calls you! Come to me NOW!"

INVOCATION TO FRIGG

"Frigg, Daughter of Jord, Join us.
Frigg, Daughter of Fiorgyn, Join us.
Frigg, Wife of Odin, Join us.
Frigg, Sister of Thorr, Join us.
Frigg, Mother of Balder, Join us.
Frigg, Mother of Hodr, Join us.
Frigg, Mother of Hermod, Join us.
Frigg, Mother of the gods, Join us.
Frigg, Wise in all fates, Join us.
Frigg, Who will tell no fortunes, Join us.
Frigg, First among the Asynjur, Join us.
Frigg, Queen of Asgard, Join us.
Frigg, Mistress of home and hearth, Join us.
Frigg, Mistress of Eire, Join us.
Frigg, Mistress of healing, Join us.
Frigg, Your servant _____ calls you! Come to me NOW!"

INVOCATION TO HERNE

"Herne, Winter Lord,
We, your children, call to you.
Horned One, Hunter,
We, your children, invite you here.
Woodland Spirit,
We, your children, ask your presence.

Herne, Winter Lord,
We, your children, call to you.
Horned One, Hunter,
We, your children, invite you here.
Woodland Spirit,
We, your children, ask your presence.
Herne, Winter Lord,
We, your children, call to you.
Horned One, Hunter,
We, your children, invite you here.
Woodland Spirit,
We, your children, ask your presence, NOW."

INVOCATION TO THORR

"Thorr, Red-beard, Join us.
Thorr, Son of Jord, Join us.
Thorr, Brother of Frigg, Join us.
Thorr, Father of Mdi, Join us.
Thorr, Father of Magni, Join us.
Thorr, Father of Thrd, Join us.
Thorr, Husband of Sif, Join us.
Thorr, Jtunn bane, Join us.
Thorr, Foe of Irmungandr, Join us.
Thorr, Who bears Marriage Hallower, Join us.
Thorr, Who bears Death Hallower, Join us.
Thorr, Who wields Mjllnir, Join us.
Thorr, Defender of Asgard, Join us.
Thorr, Thunderer, Join us.
Thorr, Storm Lord, Join us.
Thorr, Your servant _____ calls you! Come to me NOW!"

XVII. MEDITATION

TRISKELION RITE OF TEA

PURPOSE:

The purpose of this working is to pay homage to the Gods and to reflect on Their blessings upon this your life.

Tools:

- Herb(s) for tea
- Container for herb(s)
- Cup(s) and Tea Pot

- Decanter of Pure Spring Water
- Brewing dish with candle
- Scrying Candle

Prepare By:

Placing a small table or platform in the center of your working space and arranging the Brewing dish, herbs, cup(s), Tea Pot and spoon on the table. Also place the cauldron with scrying candle within for use during the meditation. (Use the diagram, which follows, as a guide for arranging of the tools.)

Prior to casting the Circle, light candle and fill the Brewing dish with Spring Water from a decanter. Keep the Brewing Dish covered during the Casting, as I have found this helps the water to heat faster and hotter.

BLESSING OF HERBS

With the tip of your Athame touching the Herbs, intone this blessing:
Thou has grown by favor of the Sun, The Moon, and of the dew.

I make this intercession, ye herb:
I beseech thee to be of benefit to me and my rite,
For thy virtues are unfailing.
Thou art the Dew of all the Gods,
The Eye of the Sun,
The Light of the Moon,
The Beauty and Glory of the Sky,
The Mystery of Terra.
I purify thee so that Whatever is wrought by me with thee may,
In all its powers, Have a good and speedy effect with good success.
Be purified by my prayer and be powerful!
So mote it be!

When water is hot enough, place the herbs in the Tea Pot and add water from the brewing dish, give it a couple of stirs. While the tea is steeping, intone this Prayer:
Earth Mother
Giver of life
Strengthen me during my life-long strife.
Teach me Your ways of perfect love,
Peace, and wisdom true.
Spawn from my purest heart
These words to You
May this prayer help me to better
Myself in word and deed,
To a higher plane I shall succeed.
Beautiful Light of Goodness Fair
Lore of old we both do share
A Witch's brew, I drink to You
My love for You, by day, by night
In thought and in sight
Will my soul learn
The meaning of this life again.

Pour out a cup for all present, including one for the Gods, and enjoy. Sit before the table and meditate on

the blessings that the Gods have bestowed upon your life. You may use the scrying candle here to focus upon for your meditation. If the Gods so choose They may give you a Message or Vision through the blessings of the Sight. You may relax now and finish off the pot.

(Note: this rite is not to take the place of The Feast, but is to be used as a time of blessing and communing with the Goddess)

HOME BLESSING MEDITATION

A home blessing meditation for charging a room:

- Sit Straight with palms on lap, take deep breaths, relax, and move into a mental space where you activate your intuitive senses,
- Imagine a cord of energy from your spine connecting you to the Earth, and channel energy from the Earth through it,
- Silently ask for divine protection, guidance, and blessing,
- Direct your psychic sensing outward, and feel lines of force coming out of your aura,
- Note where the strongest energy is (check out the floor, ceiling, directions, etc), Note spots that feel empty or dead, note places that feel full alive, focus on where you are sitting and how you feel at that particular spot,
- Imagine a sphere of light and love energy at your heart, feel it pulsing outward with every breath.
- Feel the radiance increase with every breath, feel your self as a star, continue to breathe deeply and send out the energy, letting it pulsate in the room,
- When ready, start making power sounds representing the love and light you are channeling; use it to amplify the light you are weaving; and fill the room with the energy,
- Then shift focus to sending a probe out into the room, and note the differences in the quality of energy and how you feel about it,
- Repeat if necessary,
- When done, feel the completeness of the work.

BASIC MEDITATION TECHNIQUES 1: WHAT IT IS

The course is divided into three sections. Section one deals with what meditation is and how it plays a part in the lives of those who use it. Section two will go into the techniques and tools of meditation. Section three gives suggestions on how to use what you've learned, in

everyday life. A list of books for further reading on the subject, will be given at the end of section three.

Webster defines meditation as "The act of meditating; close or continued thought; the revolving of a subject in the mind."

To meditate is to focus mentally on one thought, idea, or concept. It may also mean, to revolve an idea in your mind so as to change the way in which you think of that idea. Meditation is therefore, a tool with which you may manipulate thought in an organized manner.

Many people view meditation as a very difficult thing to learn. In reality though, we do it often without even knowing it. When you daydream or find your mind fixed on one thought, that is a form of meditation. Have you ever watched a bird in flight, or stared up at the clouds in the sky, or maybe even found yourself watching a stream of water flow by? If you have and at that moment the rest of the world around you has seemed removed, then you were in a state of meditation. The real key to this practice, is to be able to exercise control over your thoughts and awareness of the world around you.

There are many groups of people for whom meditation is an everyday ritual. Others use it at special times as a means of relaxation and "mental house cleaning." It allows the individual a freedom unlike no other freedom. The freedom to look inside oneself and learn just who you are. Some use it as a way of being closer to nature or Goddess. No matter how you wish to use it, you will find it a healthy and very rewarding experience.

Most all religions practice meditation in one way or another. Eastern philosophies such as Yoga, and Buddhism are not the only ones to view meditation as a way of looking for the Truth found in one's own consciousness. Even in Christianity meditation finds a place of value. The Bible itself mentions the value of meditation. In writing to the Phillippians, the Apostle Paul tells them this. "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

So you ask, what can it do for me. Well, beyond just being a good way to really relax, which we can all use in this

hectic world, it can be a doorway to the truth inside yourself. It is a way of gaining wisdom. Knowledge has always been fairly easy to come by. Wisdom on the other hand, is a bit harder to grasp onto.

In "The Task" by William Cowper, the following line is found. "Knowledge dwells in heads replete with thoughts of other men: Wisdom, in minds attentive to their own."

For me, meditation becomes a way of "grounding" myself, of reaching a place of peace and stability, where I can find how I fit into the universe.

In many philosophies, meditation is viewed as a necessary skill. All those who are students of these philosophies must learn the ways of meditation early in their training. Although the techniques may vary from one group to another, the most basic concepts remain the same. The ability to be able to focus on one thought and selectively block out all others is the foundation upon which many more advanced skills will be built. These skills may range from telepathy to the ability to move objects with only the mind.

It is well known that Yogi adepts can lower their breathing and heart rates to near death levels. This is something you should not try as it takes years of practice to learn and can be quite dangerous. Still, these yogis are proof of the type of power the mind can exercise over the body through meditation.

In some cultures, the use of drugs to achieve a meditative state is encouraged. The American Indians for example, used drugs derived from various plants to put themselves into an altered state of consciousness. This was usually done as a religious practice and as an event marking the change from one state of life to another. A good example would be the ceremony marking the coming into manhood of a young boy. Today there are still many, who advocate the use of drugs to achieve these altered states. It is my opinion that such measures are neither necessary nor good. You can reach an altered state of consciousness without the use of drug induced "highs". It takes practice, but it can be done.

In New Age philosophy, the art of meditation is highly valued. We also find another well developed skill which is called "creative visualization". This is the idea of visualizing what you want to the point of it becoming reality. A good example would be a salesman visualizing

himself as successful and prosperous. The concept is simple, if you can visualize a personal reality, you can change or bring that reality into being. "Positive Thinking" is a very similar idea. The technique of creative visualization goes beyond positive thinking however. It deals with the premise that we all create our own reality and therefore have the power to change many aspects of that reality. The idea of "personal reality" is a lengthy one and we do not have enough room to cover it in this course.

So far we have looked briefly at what meditation is and how it is used. By no means have we touched on all the aspects of this practice. There are many books on the subject which cover it in much more detail. My purpose is to give you an overview of the many facets of meditation in the hope that you will wish to learn more.

BASIC MEDITATION TECHNIQUES 2: TOOLS & TECHNIQUES

In this second section of the "Basic Meditation Techniques" course, we will discuss various relaxation procedures and how they will aid you in entering a trance or meditative state. You will also be given some ideas about types of music and other "tools" which can help you achieve these relaxed states of mind. Let's begin.

First, let's set the stage for our meditation practice. You should pick a place which is as private and safe as possible. An altered state of mind, as in meditation, lessens your awareness of the outside world. For this reason, it is not advisable to practice these techniques in a public place where there is a chance of being mugged, robbed, or molested. If you are at home, with other family members or friends present, ask that you not be disturbed and that all other noise in the house be kept to a minimum. When you have found a place suitable for meditation, you may begin.

"The seekers of new mind states-the mind control devotees, the encounter group enthusiasts, the drug takers, the psychics, the meditators - all are on a journey into the interior universe trying to burst the limits of the socially conditioned mind. Whether acceptable or unacceptable, moral or immoral, wise or foolish, the mind of man is stirring toward a new evolution."

As I said in section one, trance or meditative states, alter the way your mind deals with the realities it accepts as

normal. Things which are experienced in a trance state are often not easily expressed in everyday language. You will at some level, experience a heightened state of awareness. Colors, smells, and sounds may seem amplified from what they normally are.

People who can achieve very deep states of trance often leave their bodies in astral projection, or have psychic experiences.

I highly recommend, that if you wish to enter deep states of meditation, you do so under the guidance and teaching of someone who is well trained in the practice of such techniques. The key thing to remember is that it's not what level your working on as much as what you are learning. There is a lot to be gained in wisdom and knowledge at all levels of trance.

Now let's learn some simple and useful relaxation exercises.

You want to be sure that the time you pick to practice your meditation is a time when you are least likely to be disturbed. You should not be overly tired or have just finished eating as both of those conditions may cause you to fall asleep. Even though you wish to achieve an altered state of consciousness, you do want to remain conscious to some degree. If you fall asleep when you are meditating, no harm is done and you will awaken quite refreshed and rested. Unfortunately though, you may not be able to recall all the things you experienced while in trance.

If you are lying down, be sure your back and neck are properly supported so as not to fatigue the body. If you are sitting, be sure that both feet are flat on the floor and that you are sitting as erect as possible without being too stiff or strained. You should have your arms resting comfortably in your lap with palms up.

In either case, it is important that your body not become strained or fatigued for at least thirty minutes. This is a good length of time to begin with as it should put neither a physical or mental strain on your being.

Next, visualize a yourself in a cocoon of whitelight. You should surround yourself completely. See the light as bright and warm. You may play with this sphere of light making it bigger or smaller until it "feels" right for you. Say to yourself, "I am protected by the pure white light

of all that is good and truthfull. I am surrounded by the pure light which keeps out all unwanted and evil influences."

This is a good idea to do for several reasons. There are those, and I am one of them, who believe that each of generates an aura which protects us from outside influences when we are in trance. This aura may be strengthened by visualizing the light as growing brighter at our command. Even if you do not accept this idea, the practice lends a feeling of safety and security to you. Nothing which is outside of you may enter or touch you without your permission.

Learning to control and pay attention to your breathing is the next step. You should start by taking a deep breath in through your nose, hold it for the mental count of 4 and then let it all out slowly through your mouth. Repeat this until you begin to feel at rest and relaxed. Allow your breathing to settle into a steady, rhythmic rate. Just this simple technique can relax and refresh you at any time. When you are only doing the breathing exercise, it is not necessary to go through the white light sphere visualization. Some people use a muffled metronome or recording of some other rhythmic sound, such as ocean waves, to aid them in setting the pace of their breathing. A good source of recorded sounds which can help you in meditation is a series of records and tapes which have been produced under the title "ENVIRONMENTS".

Now, as you are breathing, see yourself lying in the warm light of the sun. The light is warm and pleasant to be in. Starting with the tips of your toes, feel the light warming all of your body, slowly moving up into your legs, your trunk, and then into your arms and fingers. As you feel this warming become more and more relaxed, going deeper and deeper into a calm and quiet place.

When you feel totally relaxed and at peace, bring a single thought into your mind. It should be of a pleasant experience or of an idea such as love, joy, peace, or compassion. Focus on this one thought and if some other thought should try to intrude, picture it as being written on a clear board between you and your focal thought. Then picture it being erased from that board as it might be from a piece of paper. Deal with any thought, other than your focal thought, quickly. Try to maintain concentration on your focal thought for at least five minutes. Picture it as being real and experience it as if it were. When you are able to do this and can exclude all

other thoughts as they attempt to enter your mind, you will have learned the single most important technique of meditation.

It is now time to begin coming back to normal consciousness. slowly let the thought fade from your mind and again become aware of the warm light of the sun. As you feel the light bathing you in its' warmth, start to reconnect your mind with the physical sensations of your body. Become aware of your breathing and the room around you. Do this slowly and calmly. When you are fully aware of your surroundings, open your eyes slowly. Enjoy the sense of calm and peace.

If you succeeded in doing this exercise, you should feel more relaxed and calm than normal. It is important to remember that you are comparing it to normal for you, not to what you think others would or should feel.

If you do not feel you succeeded try again in a day or two. Between meditation sessions, practice your deep breathing exercises. If you keep trying, you will soon reach a calm and meditative state. Do not attempt to meditate when you are ill, tired, or hungry. Those feelings only serve to make your efforts more difficult. A very important part to remember is that you can not force yourself into a meditative state. You must flow into it and surrender to it calmly.

Some things which are found to be helpful in meditation follow.

Try concentrating on the flame of a candle when focusing. You could also use a crystal ball. The later is rather expensive but small crystal window ornaments or pyramids also work well and cost much less.

Music is also an aid to some. The music should be quiet and rhythmic. It should bring on feelings of peace and comfort. Such music may range from New Age recordings to classical.

Another useful device is to focus on a symbol which holds special meaning for you. It may be an well known symbol or one you design yourself. As long as it holds a special meaning or expresses a special concept, it is a useful focusing tool.

This brings section two of this course to a close. In the

next part I will give you some practical ways in which to use what you have learned.

BASIC MEDITATION TECHNIQUES 3: USE OF

The most obvious use of the techniques you have learned, is relaxation. During the course of the day, many of us have moments when the pressure becomes almost too much. When this happens, we often can't deal with other people or projects the way we should. The breathing exercises you learned in section two can help at these times.

It doesn't require a lot of time or absolute quiet as does your meditation practice. All that is required is about five minutes and relative privacy. At these times, begin doing your rhythmic breathing and visualize a place which is calm and refreshing. This simple and quick exercise, can work wonders to help you regain control in a hectic situation.

Another way in which meditation is used is in the development of psychic powers. There are several books on the subject, listed at the end of this section. Most of those who teach about the use and development of these abilities, agree that meditation is necessary to any such study. Again the reason for this is that meditation allows you to reach an altered state of consciousness. In this altered state your mind is more open to such phenomenon as telepathy. If you should decide to pursue studies in this direction, please seek the help of someone trained in these areas.

One final use I will suggest is visualization. Meditation can be used as a tool for problem solving. While in a meditative state of mind, you have the ability to take any situation and manipulate it. By that I mean you can mentally play the out the situation using several different solutions. Then, you can pick the one which seems to best solve the problem. While the use of meditation can help you deal with problem solving more effectively, it is not infallible. All it can do is allow you to think more clearly and concisely about the problem at hand.

Well that concludes this study on meditation. I hope you have gained something useful from this course. It has been by no means, a full explanation of the subject.

There is much more to learn than could be covered in this short series and It is my hope that you will want to continue your studies into this fascinating and useful skill.

RIVER OF LIFE MEDITATION

Find a comfortable place where you can relax and be completely quiet...relax...allow your thought snow to just come and go...come and go...and take a deep breath in and hold it...(pause)...now gather up the tension in your body, and release it as you exhale...take another deep breath, and as you exhale, let go of anybody else's energy or thoughts you may be carrying....and breathe in new energy...breathe in new possibilities...and allow your body to fill with lightness...feel it becoming lighter and lighter as you relax more and more...relaxing deeply...going deeper...feeling very light now...so light you could almost float away.....

And as you relax, imagine a beautiful colored mist is swirling up around you, billowing up around you into a cushiony, soft, cloud of energy...and you are resting completely upon this cloud...and you are safe...as you breathe in and out, let your thoughts just come and go...relaxing more and more...and the cloud of energy now lifts you up into the air and carries you down into your own inner world...down between the boundaries of time and space...to a place of timeless beauty and infinite possibilities...floating down now, going deeper and deeper, leaving the outer world and its concerns far behind, as you drift and float on this beautiful cloud....going further and further down below you is a rock, a giant rock...and the cloud gently and effortlessly lands upon the rock and you step off it, as the cloud swirls back into a mist and disappears for now...

Stand upon this rock now, and feel the strength of it under your feet...and as you turn around, you look out upon a great river...flowing as far as you can see...seeming to come from some infinite place...and disappearing into an infinite place...a flowing, endless river of energy...this is the river of all life waters...all of life draws upon the life force that moves through its steaming currents... look closely at the water...what color is it? it may look like liquid light to you...look deeply into it, and sense the power and depth of the river...what sound does it make as it courses through its channels?...as you stand securely

upon your rock, notice and fragrance ...and bend down and cup your hands in the living water, and splash some of it on your face...feel the life giving force on your skin... take a sip of the water...allow the river of life to nourish you...

Now relax a moment upon the rock...and bring into your mind the magical intention that never seemed to go anywhere...what were you trying to accomplish?...what was the basic intention you had?...what was the emotion behind the intention?...feel the energy of that emotion moving onto the palms of your hands now...feel the energy glowing...pulsating...breathe and allow your intention that you're still clinging to externalize...the energy of it is now shimmering, glowing...swirling into a sphere...allow all of your desire to flow into this sphere...and allow this sphere to appear to you however it appears...and just observe what you see...you may see pictures or symbols emerging within the sphere...whatever you see is fine...

When your sphere is completely filled with the last of your desire, emotion, and intention, hold it aloft...feel the power of it in your hands, a globe of power that you can now release...and look out into the river of life...watch as its currents of possibility flow for ever and ever, as far as you can see...and whenever you're ready, with as much and as little force as you need, throw the pulsating sphere into the river...and give this intention to the life force of this great river...watch as the sphere touches the water...and gradually disappears into the current...

Take a deep breath... as the sphere disappears the last of your intention and emotion and desire merges with the source of all life, from which it originally came...and leaves you...

Now complete any business here that you need to finish...take a few moments to enjoy the flowing river of life, and know that the possibilities it nourishes can bring miracles into your life too...

Take another deep breath, and notice the colored mist is once again swirling around you...billowing up underneath you to form a beautiful cloud of cushiony energy, which is lifted up into the air, with you upon it...relaxing into the cloud you are returning the way you came...lifting up up through time and space, coming back from the inner world...coming up... further and further...floating and drifting back...coming back...bringing you all the way back into your body now, into this room...brining your attention

completely back into this time and place...take a deep breath and begin to re-orient yourself to the outer world...and when you're ready, count to three..., and on the count of three open your eyes, and return feeling relaxed, alert and at peace.

As always, change any of the wording or images in this meditation if it suits your purpose better. The important part is just to finally and completely let go of your intention, so that the energy can be recycled in whatever form the creative force and your own consciousness will allow. Out of this release, new lives, new opportunities, and new magical opportunities are born!

XVIII. MISC

THE FIVE FOLD KISS

FIVE FOLD KISS FEMALE

The High Priest kneels before the High Priestess and gives her the Five Fold Kiss; that is, he kisses her on both feet, both knees, womb, both breasts, and the lips, starting with the right of each pair. He says, as he does this:

"Blessed be thy feet, that have brought thee in these ways.

Blessed be thy knees, that shall kneel at the sacred altar.

Blessed be thy womb, without which we would not be.
Blessed be thy breasts, formed in beauty.
Blessed be thy lips, that shall utter the Sacred Names."

For the kiss on the lips, they embrace, length-to-length, with their feet touching each others. When he reaches the womb, she spreads her arms wide, and the same after the kiss on the lips.

FIVE FOLD KISS MALE

The High Priestess kneels before the High Priest and gives him the Five Fold Kiss; that is, she kisses him on both feet, both knees, phallus, both breasts, and the lips, starting with the right of each pair. she says, as she does this:

"Blessed be thy feet, that have brought thee in these ways.

Blessed be thy knees, that shall kneel at the sacred altar.

Blessed be thy phallus, without which we would not be.
Blessed be thy breasts, formed in strength.
Blessed be thy lips, that shall utter the Sacred Names."

For the kiss on the lips, they embrace, length-to-length, with their feet touching each others. When she reaches the phallus, he spreads his arms wide, and the same after the kiss on the lips.

XIX. MOON RITES

DRAWING DOWN THE MOON

In this ritual the Goddess becomes incarnate in the High Priestess.

After the circle is cast, The High Priestess stands in front of the altar with her back to it. She holds the wand in her right hand and the scrounge in her left. She crosses her wrists and crosses the wand and scrounge above them while holding them close to her breast.

The High Priest stands in front of her and says:
"Diana, queen of night In all your beauty bright,
Shine on us here, And with your silver beam
Unlock the gates of dream;
Rise bright and clear.
On Earth and sky and sea,
Your magic mystery Its spell shall cast,
Wherever leaf may grow,
Wherever tide may flow,
Till all be past.
O secret queen of power,
At this enchanted hour
We ask your boon.
May fortune's favor fall Upon true witches all,
O Lady Moon!"

The High Priest kneels before the High Priestess and gives her the Five Fold Kiss; that is, he kisses her on both feet, both knees, womb, both breasts, and the lips, starting with the right of each pair. He says, as he does this:

"Blessed be thy feet, that have brought thee in these ways.
Blessed be thy knees, that shall kneel at the sacred altar.
Blessed be thy womb, without which we would not be.
Blessed be thy breasts, formed in beauty.
Blessed be thy lips, that shall utter the Sacred Names."

For the kiss on the lips, they embrace, length to length, with their feet touching each others. When he reaches the womb, she spreads her arms wide, and the same after the kiss on the lips. The High Priest kneels again and invokes:

"I invoke thee and call upon thee,
Mighty Mother of us all, bringer of all fruitfulness;
by seed and root,
by bud and stem,
by leaf and flower and fruit,
by life and love
do I invoke thee to descend upon the body of this,
thy servant and priestess."

During this invocation he touches her with his right forefinger on her right breast, left breast, and womb, repeats the set and finally the right breast. Still kneeling, he spreads his arms out and down, with the palms forward and says:

"Hail Aradia!
From the Amalthean Horn
Pour forth thy store of love;

I lowly bend Before thee,
I adore thee to the end,
With loving sacrifice thy shrine adore.
Thy foot is to my lip (he kisses her right foot)
my prayer up borne
Upon the rising incense smoke;
then spend Thine ancient love,
O Mighty One, descend To aid me,
who without thee am forlorn."

The High Priest stands up and steps backwards. The High Priestess draws the Invoking Pentagram of Earth in the air with the wand and says:

"Of the Mother darksome and divine
Mine the scrounge, and mine the kiss;
The five point star of love and bliss
Here I charge you in this sign."

The High Priestess should be in a trance now. This is a good time to do the Charge or the Witches' Creed. When the Charge or Creed is finished, the Goddess must be dismissed. It is bad magical practice not to do so. The High Priest faces the Priestess and says:
"We thank you Our Lady for attending our rites.
We bid you farewell till next we call you.
Blessed Be."

DRAWING DOWN THE MOON 2

The accumulation and direction of the subtle forces of the moon, is one of the arts of Witchcraft. Moon magic is a personal art, even though there are basic guidelines.

In ancient times, witches held the position of the Moon priestesses/priests. In coastal regions, and upon islands, witches were also Sea Priestesses/Priests. The use of water from the sea was an important aspect in Moon Magic (salt being a crystal form). The "charging" of water, and the release of the "charge" through evaporation, was an important aspect. So too was the soaking of woods and herbs in sea water, which were later dried, and burned as incenses and offerings. Two excellent books on this subject are MOON MAGIC and THE SEA PRIESTESS by Dion Fortune.

The use of Portals to gain access to the Lunar Realms, and the building of magical images there, is a very important aspect of Moon Magic. The actual "essence" of the power used in Moon Magic, originates out among the stars. The Sun draws in the stellar influences and transmits them into our Solar System. The Planets within our System absorb this energy which then merges with their own vibrations or energies. The Planets, in turn, then emanate a composite energy within our Solar System. Each Planet's energy or vibratory pattern is unique, and influences other planetary bodies and forces, within each planet's sphere of influence. This is the basis of Astrology and Planetary correspondences in Magic

(this is how and why it works).

The Moon is the focal point of power upon the Earth. The Moon absorbs, condenses, and channels all of these forces, which are then carried to our Planet, upon the Lunar Light Spectrum.

Agrippa, a 15th Century magician, understood these principles when he wrote

"...but the Moon, the nearest to the heavenly influences, by the swiftness of her course, is joined to the sun, and the other planets and stars, as a conception, bringing them forth to the inferior world, as being next to itself, for all the stars have influence on it, being the last receiver, which afterwards communicates the influence of all superiors to these inferiors, and pours them forth upon the Earth..."

Aradia, the Holy Strega, told her followers to seek the Moon above all others, for the purposes of Magic. In the closing prayer of the Full Moon Ritual, we find these words which Aradia's followers were later to have written :

"O' Goddess of the Moon...
teach us your ancient mysteries...
that the Holy Strega spoke of,
for I believe the Strega's story,
when she told us to entreat Thee,
told us when we seek for Knowledge,
to seek and find Thee above all others".

Agrippa understood this also, when he wrote,
"Therefore. her (the moon) motion is to be observed before the others,
as the parent of all conception.....hence it is,
that without the Moon intermediating,
we cannot at any time attract the power of the superiors..."

What Agrippa spoke of, is what witches have known for Ages:

The Moon is the focal point of power upon the Earth.

Without the Moon we cannot make use of the Universal Forces beyond her. In Moon Magic, the ritual altar is the focal point for the Lunar forces which are drawn upon. Women are the vessels for Lunar Energy, receiving and directing the magical force. Men can also become lunar vessels, but women are much better suited (as their biology is more attuned to the Moon's Cycles, than are men's biology).

- The Moon altar is placed facing the West Quarter. The altar itself should be round, but a square or a rectangle is OK.

- In the center of the altar, place a bowl of saltwater. A white sea shell is then set into the center of the bowl. As this is done, whisper the name of the Goddess who rules the current phase of the Moon, under which you are working. The new moon belongs to Diana (De-ah-nah), the Full Moon to Jana (Jah-nah) and the waning Moon to Umbrea.
- Around the bottom of the bowl, set nine white shells, forming a crescent (horns upward, as in a smile). If the magic is for the gain of something, place the shells from right to left. If the magic is for the removal, or loss of something, then place the shells from left to right. As each shell is placed, chant the name of the Goddess who presides over the goal of the magical influence you desire.
- Matters concerning "beginnings" are under Diana. Matters involving "forces", energies, or powers are under the influence of Jana. Matters of Death, decline, and stagnation are ruled by Umbrea.
- Censers of Moon Incense are placed around the bowl, upon the altar, forming a triangle (so you have 3 incense containers forming a triangle, with the Moon Bowl in its center). A reversed triangle (V) is formed for manifestations desired upon the physical plane. Upright triangles (A) are formed for manifestation upon the astral plane.

During the magical work, the energy is focused into the altar bowl (or moon bowl, as it is often called). This can be done in several different ways. In group rituals, members may point their ritual blades at the Priestess, who stands before the altar. The members visualize their energy flowing from their themselves, through their blades, and into the aura of the Priestess. The Priestess then visualizes this collective energy flowing from herself, through her own blade, into the moon bowl. Or she may simply place her palms over the bowl and focus the energy out through her hands. During this technique, she may recite an incantation, stating the purpose of the "charge", or the group may chant the spell's intent.

- One of the ways in which energy can be raised for this technique, is through deep breathing. Each person

draws in air slowly and deeply, and exhales as they visualize the energy flowing outward through their ritual blades, or their hands. Eastern Mystics teach that the Ether of our planet can be drawn in through the breath, and condensed as pure energy. This they call "Prana".

- Another method is to "enchant" the water. Begin by passing your right hand, palm down, over the bowl in a clockwise manner. Perform nine passes, then do the same with your left hand. You will need to create a Chant which will serve to describe your intent. It can be a simple rhyme, or whatever you want. As you chant, blow gently upon the water slightly disturbing the surface. Formulate the incantation to be as descriptive as you can, about what you desire. Once you have spoken the incantation into the bowl, it is time to release the "charge". One technique for this is to boil the water, and observe the steam as it evaporates. Boil it until all of the water is gone. As the steam rises up, repeat your incantation, and watch the steam as it moves upward. It is carrying off your magic, so that it may take effect. Think this as you watch it (thoughts ARE things).
- Another very old method is to pour out the contents of the bowl into a stream, or river. As you do this, you recite a simple rhyme spell, such as : "Water to water, a witch's spell, I give this stream, to speed it well"

Receiving the Moon's Light: (for women)

The Priestess receiving the Full Moon, will need an assistant. The assistant will require a silver disk, smooth and highly polished. If absolutely necessary, a small hand mirror may be used in its place. The Priestess will stand or kneel before the altar, with her head bowed down. The assistant will part her hair at the base of the skull, using water or oil to help separate the hair, if it is short. While the priestess visualizes the form of the Goddess merging from behind, into her own form, the assistant will reflect the Moon's light upon the base of the skull, using the silver disk. You will find that this is quite difficult in city light pollution, and works best in a country setting, or a desert. Once the Priestess receives the Moon she can channel it into the Moon bowl, or she can "store" it within her Being for seven days. This light is pure Lunar energy, and can be "impregnated" with whatever "thoughtform" the priestess desires.

Receiving the Moon's light: (for men)

The Priest receiving the Full Moon, does not need an assistant, but may choose one if he desires. Men cannot receive the Moon in the same manner as women, nor should they visualize the Goddess merging with them.

The Priest will stand, or kneel, before the altar with his head slightly bowed. Using a polished brass disk, the Moon's light is reflected upon his forehead. At this point the Priest will visualize himself as the Full Moon itself. Once the light is received, the Priest can channel it into the bowl. Men do not "hold" Moon Light very well, and it is best to channel it off before the seven day period, which the Priestess enjoys.

Receiving the Moon's light: (for women without assistance)

There are several ways for a woman to receive the Moon's Light, without any assistant. The technique I gave in this subject note, is just one of the magical techniques. The Moon may also be received in a religious setting (no magic intended, just a blessing or a union with Deity). In these modern times, you can set up a mirror behind you, and angle it so that it reflects down upon you, if you desire to try the magical technique.

One of the old ways of non-magical union, was for the woman to lay nude beneath the Full Moon in the Full Moon Goddess Posture. This posture is also referred to as the Star Goddess Posture, and is an X formation, arms and legs spread out wide. The woman anoints herself with an oil of the Moon, just below her navel (forming a crescent with the oil). As she lays upon the earth, she will look up into the Moon, and slowly draw in the muscles of her abdomen, as she mentally pictures that she is drawing down the light of the Moon, into herself. Just as men draw power into themselves through the solar plexus, a woman draws power into herself through the navel region ("pit of the stomach" kind of thing. This is the center of a woman). This is just one method, but it can be a powerful experience.

SOLITARY MOON RITUAL

This rite may be used for either New or Full Moon. The difference is in your meditation and mental attitude in preparation. Remember that the New Moon is a time of outward work and thought, building to the peak which is the Full Moon.

At the Full Moon, you should be preparing to lessen the outward flow of energy, bit by bit, until the period before New Moon, during which you are passive, building a pool of energy within you, in preparation for the New Moon.

The altar should be placed in the center of the ritual area. On it should be placed a rose or stick of incense on the eastern side, a red votive candle to the South; a cup of water on the West, and a bowl of salt or living plant on the North. Around your ritual area, you should place an unlighted candle at the cardinal point of each direction.

To begin your rite, enter your darkened temple, carrying one burning candle, white or lavender, with you. Place it on the center of your altar, sit, and meditate on the meaning of the rite. When you feel the time is right, stand, and go to the eastern point, carrying with you, the burning taper. Light the votive at the eastern point and go to the southern, picturing, as you do, an arc of pure strong light curving from one candle to the next. Continue to the West, and then to the North, lighting the candles as you go, and then walk to your eastern candle again, having formed a circle of protective light surrounding the area in which you worship. Return to the center of the circle, replace the candle on the altar, and say:

"My Lady of the Moon, who is called Diana, Artemis, Levanah, Isis and by any other names, I come to you to bring you my love and my devotion. May you grant me the joy of your presence."

Mentally divide the room into four quadrants by visualizing a line of silvery moonlight from the southeast to the northwest, and from the northeast to the southwest. Go the East, taking with you the rose or incense. Say:
"Sweet Goddess,
the gentle breeze is the touch of your loving hand,
the wind of storm a reminder of your strength.
The sound of the trees in the wind is your voice,
and the fragrance of flowers borne on the wind is your gift of beauty."

Place the rose next to the votive candle, then stand there as you picture the quadrant filling with moonlight. See the moonlight streaming quietly and gently into the room, filling the quadrant from center point to the edge of your circle. When this is complete, take the red candle to the South. Place the gift and see the quadrant fill with moonlight. Say:

"Most loved Lady,
the light of the candle is a guide along our path leading to you;
its warmth the reassurance of your presence and your love.
The light of the Sun is the knowledge you impart to us,
driving out ignorance and those things which can survive only in darkness."

At the West:
"Lovely One,
the quiet pool is the serenity of your being.
The vast sea where life began on this planet
is the vast sea of your being whence all life came;
its waves are the ebb and flow of the universe you rule."

At the North:
"Goddess of all,
the fertility of the earth is a sign of your fertility,
whence all life rose.
The solidity and permanence are still of it are still less than yours.
The Earth's fertility feeds our bodies, and your fertility feeds our souls."

Go to the center of your temple, which is now filled with moonlight. Everything in the circle is touched by it, blessed by it, including you. Sit down and feel this moonlight around you. Know that it is the Goddess. Realize that you are in the center of a sphere of light that is half above and half above and half below where you sit.

Begin to breathe slowly and evenly, deep breaths that penetrate your whole body. When this rhythmic breathing becomes natural, imagine that the moonlight by which you are surrounded enters you, fills you entirely. With each exhalation of your breath, some of the essence of yourself leaves your body, and with each inhalation, the light enters you. You are being filled ever so gently with this beautiful light. This light, which is the presence, the being of the Goddess, is within you as well as without. With each breath, you are less yourself and more the Goddess. When you are filled with light, filled with the Goddess, the shell of your body fades away. You have no body; there is nothing to separate you from the entire being of the Goddess. Nothing exists but the being of which you are apart. You have ceased to be a separate entity. You are nothing and everything. All that was, that is, and all that will be, you are. Enjoy this feeling as long as you like.

When you feel it is time, picture the outer shell of your physical body reforming, becoming solid again. It is being built out of the Universe of which you are a part. Now, as you continue your slow deep breathing, see the moonlight flowing out of your body, as gently and slowly as it entered. As it flows out, realize there is a difference. Because you have become one with the Goddess, with the Universe, your being has changed. As the moonlight flows out of your body, it takes with it a part of that which was yourself, now part of the Goddess, and leaves behind a part of the Goddess, forever now part of you. You become yourself again, solid as you were, but changed. You are surrounded by the presence of the Goddess, which now contains a part of yourself. Move again to the East. As you speak, and after, picture the moonlight in that quadrant flowing back to its source, leaving that quadrant as it was. Do this at each quadrant, until all the moonlight has returned to the Moon.

At the East:
"My Lady, guide my thoughts.
Let them lead always closer to you."

At the South:
"Gracious Goddess, guide my actions.
Let them always help and never harm others or myself."

At the West:
"Lovely One, guide my emotions:
Let them be healing and touched always by you."

At the North:
"Sweet Goddess,
let my mind always be fertile and strong,
that I may grow always toward you."

Return to the East to complete the circle and say:

"Queen of Heaven,
I thank you for your presence,
both now and always.
My love and devotion are yours.
Blessed be!
All spirits who have joined me tonight may depart,
with my love.
Return to your proper places."

Walk again around your circle, but this time
counterclockwise, extinguishing the quadrant guards as
you go, and at the same time, mentally erasing the white
line which surrounded your circle. When the candles are
out and the circle gone, rap on your altar and say:
"So mote it be!"

XX. RECIPES: INCENSE

ALTAR INCENSE

3 parts Frankincense
2 parts Myrrh
1 part Cinnamon

Burn as a general incense on the altar to purify it and to
promote ritual consciousness during rituals.

CIRCLE INCENSE

2 parts Myrrh
2 parts Benzoin
1 part Sandalwood
1/2 part Cinnamon
1/2 part Rose petals
1/4 part Vervain
1/4 part Rosemary
1/4 part Bay

Burn in the circle for all types of rituals and
spells. Frankincense, myrrh and benzoin should definitely
constitute the bulk of the mixture.

FALL SABBAT INCENSE

3 parts Frankincense
2 parts Myrrh
1 part Rosemary
1 part Cedar
1 part Juniper

Burn during fall and winter Sabbat rituals.

FULL MOON RITUAL INCENSE

2 parts Sandalwood
2 parts Frankincense
1/2 part Gardenia petals
1/4 part Rose petals
a few drops Ambergris oil

Burn during Esbats or simply at the time of the Full Moon
to
attune with the Goddess.

SPRING SABBAT INCENSE

3 parts Frankincense
2 parts Sandalwood
1 part Benzoin
1 part Cinnamon
a few drops Patchouly oil

Burn during spring and summer Sabbat rituals.

XXI. RECIPES: FOOD

CRESCENT CAKES

1 cup firmly ground almonds
1 1/4 cups flour
1/2 cup confectioner's sugar
2 drops almond extract
1/2 cup butter, softened
1 egg yolk

Combine almonds, flour, sugar and extract until
thoroughly mixed
with the hands, work in butter and egg yolk until well-
blended. Chill
dough. Preheat oven to 325 degrees F. Pinch off pieces
of dough
about the size of walnuts and shape into crescents. Place
on greased
sheets and bake for about 20 minutes. Serve during
the Simple Feast,
especially at Esbats.

BELTANE MARIGOLD CUSTARD

2 cups milk
1 cup unsprayed marigold petals

1/4 tsp. salt
3 tbsp. sugar
1 to 2-inch piece vanilla bean
3 egg yolks, slightly beaten
1/8 tsp. allspice
1/8 tsp. nutmeg
1/2 tsp. rose water
Whipped cream

Using a clean mortar and pestle reserved for cooking purposes, pound marigold petals. Or, crush with a spoon. Mix the salt, sugar and spices together. Scald milk with the marigolds and the vanilla bean. Remove the vanilla bean and add the slightly beaten yolks and dry ingredients. Cook on low heat. When the mixture coats a spoon, add rose water and cool.

Top with whipped cream, garnish with fresh marigold petals.

SOFT MEAD

1 quart water, preferably spring water
1 cup honey
1 sliced lemon
1/2 tsp. nutmeg

Boil together all ingredients in a non-metallic pot. While boiling, scrape off the rising "scum" with a wooden spoon. When no more rises add the following:

pinch salt
juice of 1/2 lemon

Strain and cool. Drink in place of alcoholic mead or wine during the Simple Feast.

XXII. RECIPES: OILS

ALTAR OIL

4 parts Frankincense
3 parts Myrrh
1 part Galangal
1 part Vervain
1 part Lavender

Mix in a small bottle.

Anoint the altar with this oil at regular intervals to purify and empower it.

ESBAT OIL #1

4 parts Gardenia
2 parts Lotus
1 part Jasmine

Mix in a small bottle.

Anoint the body prior to Esbats to attune with Lunar energies.

ESBAT OIL #2

3 parts Sandalwood
2 parts Lemon
1 part Rose

Mix in a small bottle.

Anoint the body prior to Esbats to attune with Lunar energies.

GODDESS OIL

3 parts Rose
2 parts Gardenia
1 part Lemon
1 part Lotus
1 part Ambergris

Mix in a small bottle.

Wear to honor the Goddess during rituals.

HORNED GOD OIL

2 parts Frankincense
2 parts Cinnamon
1 part Bay
1 part rosemary
1 part Musk

Mix in a small bottle.

Wear to honor the Horned God during rituals.

SABBAT OIL #1

3 parts Patchouly
2 parts Musk
1 part Carnation

Mix in a small bottle and wear or use to anoint candles.

Wear to the Sabbats to promote communion with the deities.

SABBAT OIL #2

2 parts Frankincense
1 part Myrrh
1 part Carnation
1 part Allspice

Mix in a small bottle and wear or use to anoint candles.

Wear to the Sabbats to promote communion with the deities.

XXIII. SABBATH RITUAL

BELTANE AND MAYDAY CHANTS

*BELTANE CHANT ONE

Here we come a piping,
In Springtime and in May;
Green fruit aripening,
And Winter fled away.
The Queen she sits upon the strand,
Fair as lily, white as wand;
Seven billows on the sea,
Horses riding fast and free,
And bells beyond the sand.

Valiente, Doreen; "Witchcraft for Tomorrow";
Phoenix Publishing 1985

BELTANE CHANT TWO

The High Priestess and High Priest lead a ring dance around the bonfire. Start out with "A Tree Song" from Rudyard Kipling's "Weland's Sword" story in "Puck of Pook's Hill".

"Oh, do not tell the Priest of our Art,
Or he would call it sin;
But we shall be out in the woods all night,
A conjuring summer in!
And we bring you news by word of mouth
For women, cattle and corn

Now is the dun come up from the South
With Oak, and Ash and Thorn!"

Farrar, Janet and Stewart; "Eight Sabbats For Witches"; Robert Hale 1983

STAG CALL also MAYCHANT THREE

The men gather around the fire, next to their partners, and they say in unison:

"I am the stag of seven tines;
I am a wide flood on the plain;
I am a wind on the deep waters;
I am a shining tear of the sun;
I am a hawk on a cliff;
I am fair among flowers;
I am a god who sets the head afire with smoke."

BELTANE COVEN RITUAL

Set up a candle in each of the four cardinal directions. Lay the rest of the tools on the altar cloth or near it. The altar can be on the ground, a table, a rock or a stump. The altar should be in the center or just north of center of the Circle. Light the six candles and the incense, start the music and begin the ritual.

The Beltane ritual should start before sunrise or in the evening of April 30th. This is to welcome the sun in and to make effective use of the bonfire. The party or the ritual should finish some time after sunrise.

THE RITUAL

Facing North, the High Priest and Priestess kneel in front of the altar with him to her right. She puts the bowl of water on the altar, places the point of her athame in it and says:

"I exorcise thee, O Creature of Water, that thou cast out from thee all impurities and uncleanness of the world of phantasm; in the names of Cernunnos and Aradia"

She then puts down her athame and holds up the bowl of water in both hands. The High Priest puts the bowl of salt on the altar, puts his athame in the salt and says:

"Blessings be upon this Creature of Salt; let all malignity and hindrance be cast forth hencefrom, and let all good enter herein; wherefore so I bless thee, that thou mayest aid me, in the names of Cernunnos and Aradia."

He then puts down his athame and pours the salt into the bowl of water the High Priestess is holding. The High Priest then stands with the rest of the Coven outside the Circle. The High Priestess then draws the Circle with the sword, leaving a gap in the Northeast section. While drawing the Circle, she should visualize the power flowing into the Circle from off the end of the sword. She draws the Circle in a East to North or deosil or clockwise direction. She says:

"I conjure thee, O Circle of Power, that thou beest a meeting place of love and joy and truth; a shield against all wickedness and evil; a boundary between men and the realms of the Mighty Ones; a rampart and protection that shall preserve and contain the power that we shall raise within thee. Wherefore do I bless thee and consecrate thee, in the names of Cernunnos and Aradia."

The High Priestess lays down the sword and admits the High Priest with a kiss while spinning him deosil and whispers:

"Blessed Be"

He then admits a woman the same way. Alternate-male-female-male. Then the High Priestess finishes closing the Circle with the sword. She then names three witches to help strengthen the Circle. The first witch carries the bowl of consecrated water from East to East going deosil, sprinkling the perimeter as she/he goes. They then sprinkle each member in turn. If the witch is male, he sprinkles the High Priestess last who then sprinkles him. If female she sprinkles the High Priest last, who then sprinkles her. The bowl is replaced on the altar. The second witch takes the incense burner around the perimeter and the third takes one of the altar candles. While going around the perimeter, each person says:

"Black spirits and white,
Red spirits and grey,
Harken to the rune I say,
Four points of the Circle, weave the spell,
East, South, West, North, your tale tell.
East is for break of day,
South is white for the noontide hour,
In the West is twilight grey,
And North is black, for the place of power.
Three times round the Circle's cast.
Great ones, spirits from the past,
Witness it and guard it fast."

All the Coven pickup their athames and face the East with the High Priest and Priestess in front, him on her right. The High Priestess says:

"Ye Lords of the Watchtowers of the East, ye Lords of Air; I do summon, stir, and call you up to witness our rites and to guard the Circle."

As she speaks she draws the Invoking Pentagram of Earth in the air with her athame:

1, 6

4 3

2 7 5

The High Priest and the rest of the Coven copy her movements with their athames. The High Priestess turns and faces the South and repeats the summoning:

"Ye Lords of the Watchtowers of the South, ye Lords of Fire; I do summon, stir and call you up, to witness our rites and to guard the Circle."

She does the same pentagram and then faces West and says:

"Ye Lords of the Watchtowers of the West, ye Lords of Water, ye Lords of Death and Initiation; I do summon, stir, and call you up, to witness our rites and to guard the Circle."

She faces North with rest of the Coven and says:

"Ye Lords of the Watchtowers of the North, ye Lords of Earth; Boreas, thou gentle guardian of the Northern Portals; thou powerful God and gentle Goddess; we do summon, stir and call you up, to witness our rites and to guard the Circle."

The Circle is completed and sealed. If anyone needs to leave, a gate must be made. Using the sword, draw out part of the Circle with a widdershins or counter-clockwise stroke. Immediately reseal it and then repeat the opening and closing when the person returns. In this part of the ritual the Goddess becomes incarnate in the High Priestess. The High Priestess stands in front of the altar with her back to it. She holds the wand in her right hand and the scrounge in her left. She crosses her wrists and crosses the wand and scrounge above them while holding them close to her breast. The High Priest stands in front of her and says:

"Diana, queen of night
In all your beauty bright,
Shine on us here,
And with your silver beam
Unlock the gates of dream;
Rise bright and clear.
On Earth and sky and sea,
Your magic mystery
Its spell shall cast,
Wherever leaf may grow,
Wherever tide may flow,
Till all be past.
O secret queen of power,
At this enchanted hour
We ask your boon.
May fortune's favor fall
Upon true witches all,
O Lady Moon!

The High Priest kneels before the High Priestess and gives her the Five Fold Kiss; that is, he kisses her on both feet, both knees, womb, both breasts, and the lips, starting with the right of each pair. He says, as he does this:

Blessed be thy feet, that have brought thee in these ways.
Blessed be thy knees, that shall kneel at the sacred altar.

Blessed be thy womb, without which we would not be.
Blessed be thy breasts, formed in beauty.
Blessed be thy lips, that shall utter the Sacred Names."

For the kiss on the lips, they embrace, length to length,
with their feet touching each others. When he reaches
the womb, she spreads her arms wide, and the same after
the kiss on the lips. The High Priest kneels again and
invokes:

"I invoke thee and call upon thee, Mighty Mother of us all,
bringer of all fruitfulness; by seed and root, by bud and
stem, by leaf and flower and fruit, by life and love do I
invoke thee to descend upon the body of this thy servant
and priestess."

During this invocation he touches her with his right
forefinger on her right breast, left breast, and womb,
repeats the set and finally the right breast. Still
kneeling, he spreads his arms out and down, with the
palms forward and says:

"Hail Aradia! From the Amalthean Horn
Pour forth thy store of love;
I lowly bend Before thee, I adore thee to the end,
With loving sacrifice thy shrine adore.
Thy foot is to my lip (he kisses her right foot)
my prayer up borne Upon the rising incense smoke;
then spend Thine ancient love, O Mighty One, descend
To aid me, who without thee
am forlorn."

The High Priest stands up and steps backwards. The High
Priestess draws the Invoking Pentagram of Earth in the
air with the wand and says:

"Of the Mother darksome and divine
Mine the scrounge, and mine the kiss;
The five point star of love and bliss
Here I charge you in this sign."

The High Priest says:

"Listen to the words of the Great Mother; she who of old
was also called among man Artemis, Astarte, Athene,
Dione, Melusine, Aphrodite, Cerridwen, Dana, Arianhod,
Isis and by many other names."

The High Priestess, who should be in a trance, says as the
Goddess: "Whenever you have need of anything, once in a
month, and better it be when the Moon is full, then shall
ye assemble in some secret place and adore the spirit of
me, who am Queen of all witches. There shall ye
assemble, ye who are fain to learn all sorcery, yet have
not won its deepest secrets; to these will I teach things
that are yet unknown. And ye shall be free from slavery;
and as a sign that ye be really free, ye shall be naked in
your rites; dance, sing, feast, make music and love, all in
my praise. For mine is the ecstasy of the spirit, and mine
also is joy on earth; for my law is love unto all beings.
Keep pure your highest ideal; strive ever towards it; let
naught stop you or turn you aside. For mine is the cup of
the wine of life, and the Cauldron of Cerridwen, which is

the Holy Grail of Immortality. I am the gracious Goddess,
who gives the gift of joy unto the heart of man. Upon
Earth, I give the knowledge of the spirit eternal; and
beyond death, I give peace and freedom, and reunion with
those who have gone before. Nor do I demand sacrifice;
for behold I am the Mother of all living things, and my
love is poured out upon the earth. I who am the white
Moon among the stars, and the mystery of the waters,
and the desire of the heart of man, call unto thy soul.
Arise, and come unto me. For I am the soul of nature, who
gives life to the universe. From me all things proceed, and
unto me all things must return; and before my face,
beloved of Gods and men, let thine innermost divine self
be enfolded in the rapture of the infinite. Let my worship
be within the heart that rejoiceth; for behold, all acts of
love and pleasure are my rituals. And therefore let there
be beauty and strength, power and compassion, honor and
humility, mirth and reverence within you.

And thou who seekest to seek for me, know thy seeking
and yearning shall avail thee not unless thou knowest the
mystery; and if that which thou seekest thou findest not
within thee, thou will never find it without thee. For
behold, I have been with thee from the beginning; and I
am that which is attained at the end of desire."

This declamation can be said by the High Priestess, the
High Priest or the Coven as a whole.

"Hear now the words of the witches,
The secrets we hid in the night,
When dark was our destiny's pathway,
That now we bring forth into the light.
Mysterious Water and Fire,
The Earth and the wide ranging Air,
By hidden quintessence we know them,
And will keep silent and dare.
The birth and rebirth of all nature,
The passing of winter and spring,
We share with the life universal,
Rejoice in the magical ring.
Four times in the year the Great Sabbat Returns,
and the witches are seen
At Lammas and Candlemas dancing,
On May Eve and old Hallowe'en.
When day time and night time are equal,
When sun is at greatest and least,
The four lesser Sabbats are summoned,
Again witches gather in feast.
Thirteen silver moons in a year are,
Thirteen is the Coven's array.
Thirteen times at Esbat make merry,
For each golden year and a day.
The power was passed down the ages,
Each time between woman and man,
Each century unto the other,
Ere time and ages began.
When drawn is the magical circle,
By sword or athame of power,

It's compass between the two worlds lies,
 In the land of shades that hour.
 This world has no right to know it,
 And the world beyond will tell naught.
 The oldest of gods are invoked there,
 The Great Work of Magic is wrought.
 For two are the mystical pillars,
 That stand at the gate of the shrine,
 And two are the powers of nature,
 The forms and the forces of the divine.
 The dark and the light in succession,
 The opposites each unto each,
 Shown forth as a God and a Goddess:
 This did our ancestors teach.
 By night he's the wild wind's rider,
 The Horn'd One, the Lord of the Shades.
 By day he's the King of the Woodland,
 The dweller in green forest glades.
 She is youthful or old as she pleases,
 She sails the torn clouds in her barque,
 The bright silver lady of midnight,
 The crone who weaves spells in the dark.
 The master and mistress of magic,
 They dwell in the deeps of the main,
 Immortal and ever renewing,
 With power to free or to bind.
 So drink the good wine to the Old Gods,
 And dance and make love in their praise,
 Till Elphames's fair land shall receive us
 In peace at the end of our days.
 And Do What Thou Wilt
 shall be the challenge,
 So be it in love that harms none,
 For this is the only commandment,
 By magic of old, be it done!
 Eight words the Witches Creed fulfill:
 If It Harms None, Do What Thou Will!

The High Priest faces the Coven, raises his arms wide and says:

gabi lacha bachabe Lamac cahi achababe
 Karelyos
 Lamac lamac
 bachalyas
 Cabahag sabalyos
 Baryolos
 Lagaz atha cabyolas
 Samahac atha
 famolas
 Hurrahya!"

High Priestess and the Coven repeat:
 "Hurrahya!"

The High Priest and High Priestess face the altar. The High Priest continues:
 "Great God Cernunnos, return to Earth again!
 Come to my call and show thy self to men.
 Shepherd of Goats, upon the wild hill's way,

Lead thy lost flocks from darkness unto day.
 Forgotten are the ways of sleep and night
 Men seek for them, whose eyes have lost the light.
 Open the door of dreams, whereby man come to thee.
 Shepherd of Goats, O answer unto me!"

The High Priest and the rest of the Coven then say:
 "Akhera goittiakhera beitti!"

And lower their hands on the second phrase.

This is a ring dance as usual. This can be replaced or others added as desired. Everyone should take part. Use what music you feel comfortable with:

Walpurgis Night, the time is right,
 The ancient powers awake.
 So dance and sing, around the ring,
 And Beltane magic make.
 Walpurgis Night, Walpurgis Night,
 Upon the eve of May,
 We'll merry meet, and summer greet,
 Forever and a day.
 New life we see, in flower and in tree,
 And summer comes again.
 Be free and fair, like earth and air,
 The sunshine and the rain.
 Walpurgis Night, Walpurgis Night,
 Upon the eve of May,
 We'll merry meet, and summer greet,
 Forever and a day.
 As magic fire be our desire
 To tread the pagan way,
 And our true will find and fulfill,
 As dawns a brighter day.
 Walpurgis Night, Walpurgis Night,
 Upon the eve of May,
 We'll merry meet, and summer greet,
 Forever and a day.
 The pagan powers this night be ours,
 Let all the world be free,
 And sorrow cast into the past,
 And future blessed be!
 Walpurgis Night, Walpurgis Night,
 Upon the eve of May,
 We'll merry meet, and summer greet,
 Forever and a day.

The Coven spread themselves out around the Circle. They start a soft rhythmic clapping. The High Priestess says:

"Now it is time for the Oak King to impregnate Our Lady. No longer will she be the Virgin Huntress and Maiden. She is now to be Hecate, the Queen of Elphame. But first she must catch him."

This song is from Robert Graves "White Goddess". It is an old Scottish Craft song. In it, the High Priest turns into a variety of animals and the High Priestess chases him. Starting with the High Priest and Priestess, then followed by the other couples in the Coven, the men are

chased by the women. The ladies use a scarf to signify the capture at the end of the song. The dancers should try to imitate the animals they are playing. The dance and the tune should be slow. After all the couples have done so, the High Priestess and Priest repeat it.

High Priest:

"O, I shall go into a hare
With sorrow and sighing and mickle care,
And I shall go in the Devil's name
Aye, till I be fetched hame."

High Priestess:

"Hare, take heed of a bitch greyhound
Will harry thee all these fells around,
For here come I in Our Lady's name
All but to fetch thee hame."

Coven:

"Cunning and art he did not lack
But aye her whistle would fetch him back."

High Priest:

"Yet I shall go into a trout
With sorrow and sighing and mickle doubt,
And show thee many a merry game
Ere that I be fetched hame."

High Priestess:

"Trout take heed of an otter lank
Will harry thee close from bank to bank,
For here come I in Our Lady's name
All but for to fetch thee hame."

Coven:

"Cunning and art he did not lack
But aye her whistle would fetch him back."

High Priest:

"Yet I shall go into a bee
With mickle horror and dread of thee,
And flit to hive in the Devil's name
Ere that I be fetched hame."

High Priestess:

"Bee, take heed of a swallow hen
Will harry thee close, both butt and ben,
For here come I in Our Lady's name
All but to fetch thee hame."

Coven:

"Cunning and art he did not lack
But aye her whistle would fetch him back."

High Priest:

"Yet I shall go into a mouse
And haste me unto the miller's house,
There in his corn to have good game
Ere that I be fetched hame."

High Priestess:

"Mouse take heed of a white tib-cat
That never was balked of a mouse or a rat,

For I'll crack thy bones in Our Lady's name:
Thus shall thee be fetched hame."

Coven:

"Cunning and art he did not lack
But aye her whistle would fetch him back."

The High Priestess finally catches the High Priest at the last refrain. She drapes a scarf over his neck to signify her catching him.

The Maiden and the Coven say:

"The Queen of Elphame has caught her Son who is also her Consort. They must mate so that the Earth may bear it's fruits and that man and animal may live. "

The High Priest and High Priestess, and the rest of the couples in the Coven, kiss with vigour. The men should wilt and fade back to the edge of the Circle. The women gather around the unlit bonfire or the cauldron with the candle in it.

The High Priestess says:

"The Oak King is dead. He has died of his love for the Lady that the Earth may live. So has it been for year after year, since time began. But the Oak King, the God of the Waxing year, must live so the crops in the Earth can come forth. "

The Coven shouts:

"Kindle the Beltane fire. May the Oak King live again. May the Earth bring forth her fruits, may the animals bear their young and the land be fruitful again."

The High Priestess lights the bonfire using a taper lit from the altar candle. She then says:

"Come back to us, Oak King, that the land may be fruitful."

The men gather around the fire, next to their partners, and the say in unison:

"I am the stag of seven tines;
I am a wide flood on the plain;
I am a wind on the deep waters;
I am a shining tear of the sun;
I am a hawk on a cliff;
I am fair among flowers;
I am a god who sets the head afire with smoke."

The High Priestess and High Priest lead a ring dance around the bonfire. Start out with "A Tree Song" from Rudyard Kipling's "Weland's Sword" story in "Puck of Pook's Hill". The dance should be joyful.

"Oh, do not tell the Priest of our Art,
Or he would call it sin;
But we shall be out in the woods all night,
Aconjuring summer in!
And we bring you news by word of mouth
For women, cattle and corn
Now is the sun come up from the South
With Oak, and Ash and Thorn!"

Continue the dance with this song and/or any others that sound appropriate.

This chant goes to the tune of the old folksong, "The Lincolnshire Poacher":

Come join the dance, that doth entrance,
And tread the circle round.
Be of good cheer, that gather here,
Upon this merry ground.
Good luck to we that faithful be,
And hold our craft so dear,
For 'tis our delight of a shiny night,
In the season of the year.
Oh, 'tis our delight of a shiny night,
In the season of the year.
While stars do shine, we pledge the wine
Unto the Gods of old,
Nor shall there fail the witch wassail,
Nor shall their fire grow cold.
Good luck to we that faithful be,
And hold our craft so dear,
For 'tis our delight of a shiny night,
In the season of the year.
Oh, 'tis our delight of a shiny night,
In the season of the year.
Throughout, about and round about,
By flame that burneth bright,
We'll dance and sing, around the ring,
At witching hour of night.
Good luck to we that faithful be,
And hold our craft so dear,
For 'tis our delight of a shiny night,
In the season of the year.
Oh, 'tis our delight of a shiny night,
In the season of the year.

Near the end of the dance, the High Priestess should call out the name of either a person or a couple. They should then jump over the fire while making a wish. They should then rejoin the ring and another couple or person do it. When ready, stop the dance and sit down about the fire. After a break, perform the Great Rite.

The Coven, except for the High Priestess and High Priest, arrange themselves around the perimeter of the circle, man and woman alternately as far as possible, facing the center. The High Priestess and High Priest stand facing each other in the center of the circle, she with her back to the altar, he with his back to the South. The High Priest kneels before the High Priestess and gives her the Five Fold Kiss; that is, he kisses her on both feet, both knees, womb, both breasts, and the lips, starting with the right of each pair. he says, as he does this:

"Blessed be thy feet, that have brought thee in these ways.
Blessed be thy knees, that shall kneel at the sacred altar.

Blessed be thy womb, without which we would not be.

Blessed be thy breasts, formed in beauty.
Blessed be thy lips, that shall utter the Sacred Names.

For the kiss on the lips, they embrace, length to length, with their feet touching each others. When he reaches the womb, she spreads her arms wide, and the same after the kiss on the lips. The High Priestess then lays herself down, face upwards, with her arms and legs outstretched to form the Pentagram.

The High Priest fetches the veil and spreads it over the High Priestess's body, covering her from breasts to knees. He then kneels facing her, with his knees between her feet.

The High Priest calls a woman witch by name, to bring his athame from the altar. The woman does so and stands with the athame in her hands, about a yard to the West of the High Priestess's hips and facing her.

The High Priest calls a male witch by name, to bring the chalice of wine from the altar. He does so and stands with the chalice in his hands, about a yard to the East of the High Priestess's hips and facing her. The High Priest delivers the invocation:

"Assist me to erect the ancient altar, at which in days past all worshipped; The altar of all things.

For in old time, Woman was the altar. Thus was the altar made and placed, And the sacred place was the point within the center of the Circle. As we have of old been taught that the point within the center is the origin of all things,
Therefore should we adore it;
Therefore whom we adore we also invoke.
O Circle of Stars, Whereof our father is but the younger

brother, Marvel beyond imagination, soul of infinite space,
Before whom time is ashamed, the mind bewildered, and the understanding dark,
Not unto thee may we attain unless thine image be love.
Therefore by seed and stem, root and bud, And leaf and flower and fruit do we invoke thee, O Queen of Space, O Jewel of Light,
Continuous on of the heavens; Let it be ever thus
That men speak not of thee as One, but as None; And let them not speak of thee at all, since thou art continuous.
For thou art the point within the Circle, which we adore;
The point of life, without which we would not be.
And in this way truly are erected the holy twin pillars; In beauty and strength were they erected To the wonder and glory of all men."

The High Priest removes the veil from the High Priestess's body, and hands it to the woman witch, from whom he takes his athame. The High Priestess rises and kneels facing the High Priest, and takes the chalice from the man witch. (Note that both of these handings over are done without the customary ritual kiss. The High Priest continues the invocation:

"Altar of mysteries manifold,
The sacred Circle's secret point
Thus do I sign thee as of old,
With kisses of my lips anoint."

The High Priest kisses the High Priestess on the lips, and continues:

"Open for me the secret way,
The pathway of intelligence,
Beyond the gates of night and day,
Beyond the bounds of time and sense.
Behold the mystery aright The five true points of
fellowship...."

The High Priestess holds up the chalice, and the High Priest lowers the point of his athame into the wine. Both use both of their hands for this. The High Priest continues:

"All life is your own,
All fruits of the Earth
Are fruits of your womb,
Your union, your dance.
Lady and Lord, We thank you for
blessings and abundance.
Join with us, Feast with us, Enjoy with us!
Blessed Be.

Then, draw the Invoking Pentacle of Earth in the air above the plate with the athame.

"Here where Lance and Grail unite,
And feet, and knees, and breast, and lip."

The High Priest hands his athame to the woman witch and then places both his hands round those of the High Priestess as she holds the chalice. He kisses her, and she sips the wine; she kisses him, and he sips the wine. Both of them keep their hands round the chalice while they do this.

The High Priest then takes the chalice from the High Priestess, and they both rise to their feet.

The High Priest hands the chalice to a woman witch with a kiss, and she sips. She gives it to a man with a kiss. The chalice is passed around the Coven, man to woman, with a kiss each time, until the entire Coven has sipped the wine. The chalice can be refilled and any one can drink from it without repeating the ritual once the chalice has gone around once.

The woman lays down her athame and passes the cakes to the man with a kiss, he passes them back with a kiss and they are passed around the Coven the same way the wine

was. Be sure to save some of the wine and some cake for an offering to the Earth and the Little Folk. After the meeting, leave the offering outside of the house if working indoors, or behind in the woods or field, when you leave if you are working outdoors.

The High Priestess faces East, with her athame in her hand. The High Priest stands to her right with the rest of the Coven behind them. If any tools have been consecrated, they should be held by the person furthest to the back. The Maiden stands near to the front to blow out each candle in turn. The Priestess says

"Ye Lords of the Watchtowers of the East, ye Lords of Air; we do thank you for attending our rites; and ere ye depart to your pleasant and lovely realms, we bid you hail and farewell....Hail and farewell."

As she speaks, she draws the Banishing Pentagram of Earth in the air in front of her thus, each time:

2, 7

4 5

6 1 3

The rest of the Coven copy the Pentagram and chorus in on the second hail and farewell. The Maiden blows out the candle and the Coven faces the south and the High Priestess says:

"Ye Lords of the Watchtowers of the South, ye Lords of Fire; we do thank you for attending our rites; and ere ye depart to your pleasant and lovely realms, we bid you hail and farewell....Hail and farewell."

She turns to the West and says:

"Ye Lords of the Watchtowers of the West, ye Lords of Water;
ye Lords of Death and Initiation; we do thank you for attending our
rites; and ere ye depart to your pleasant and lovely realms, we bid
you hail and farewellHail and farewell."

She turns to the North and says:

"Ye Lords of the Watchtowers of the North, ye Lords of Earth;
Boreas, thou gentle guardian of the Northern Portals;
thou powerful
God, Thou gentle Goddess; we do thank you for attending
our rites; and
ere ye depart for your pleasant and lovely realms, we bid
you hail and
farewellHail and farewell."

This ends the Circle. The party following this should be a loving one. If there is a May Pole available, circle the May Pole. Beltane is also a time for forfeits. The High Priestess picks out the people and their forfeit, except the High Priest picks out the last one to play on the High

Priestess. Beltane is also a time for "green wood marriages" and other unbridled sexuality and such.

BELTANE RITUAL 2

Note: there is NO meeting dance before the ritual because the spiral dance occurs inside it.

Actives:

BARD PRIESTESS GODDESS
FIREMAKER PRIEST GOD

BARD:(harp accompaniment)

This is the air, oh people; these are the creatures:
Far-flying Goose; far-seeing Hawk;
Owl who knows; Raven who talks;
Crane who dances; Thrush who sings;
Quail the humble; Wren the king;
Lark who revels; Loon who weeps;
Jay who scatters; Buzzard reaps.
This is the air I conjure, and this is the birth of the world.

This is the fire, oh people; these are the creatures:
Drake who hoards; Kirin who gives;
Angel heals; Chimera reaves;
Coal the slow; lightning the quick;
Salamander, power's wick;
Soul who praises; Gryphon scorns;
Phoenix dies and is reborn.
This is the fire I conjure, and this is the birth of the world.

This is the sea, oh people; these are the creatures:
Whale who chants; Dolphin who speaks;
Clam content; Salmon who seeks;
Pike who rages; Shark who mourns;
Walrus steadies; Carp transforms;
Seal who gathers; Crab the lone;
Otter wave-borne; Eel in stone;
This is the sea I conjure, and this is the birth of the world.

This is the earth, oh people; these are the creatures:
Deer who worries; Boar who schemes;
Cat who conjures; Sheep who dreams;
Hare the playful; Brock the stern;
Mouse who teaches; Horse who learns;
Wolf who wanders; Bear who stays;
Stag who guards; Puma who preys.
This is the earth I conjure, and this is the birth of the world.

Now is the darkness. Now is the pain. Now is the fear.
Now is the danger. Now is the hate. Now are the tears.
Call on our mother! She is the one! Hers is the way!
She will bring comfort. She will bring life. She will bring day.

PRIEST:

Earth Mother, Birth Mother, Birch Mother,
Sea Mother, Stone Mother, Star Mother!
Queen of night and death and birth,
Womb of deep and fertile earth,
Dame of heaven's silver wheel,
Lady of the greening field,
Keeper of the apple grove,
Mistress of the arts of love,
Shine out in the fearsome dark --
Teach us how to strike the spark.
People, we can feel Her near!
She is coming! She is here!

GODDESS:(emerging from hiding -- should be in green, with amber & copper)

Now the veils of worlds are thin;
To move out you must move in.
Let the Balefires now be made,
Mine the spark within them laid.
This My gift: that people meet
In peace and plenty made complete.
This I give: the Sacred Way,
The strength, the soul, the sight, the say.
Move beyond the fiery screen
Between the seen and the unseen;
Shed your anger and your fear,
Live anew in a new year!

FIREMAKER:(at each tree name, holds up twig, then binds all together into a torch)

The Nine I sing, the Nine blessed trees
Which were empowered of old:
Oak, thou druid's door, open the way for us.
Apple, thou knowledge-giver, break our circle of blindness.
Ash, thou world-supporter, drive away ill powers.
Birch, thou tree-mother, help in our healing.
Hawthorn, thou branch of May, give us light and hope.
Willow, thou soul-leader, grant us safe passage.
Holly, thou forest king, be our safe refuge.
Hazel, thou wise-one's branch, give us true vision.
Alder, thou river's love, let us flow outward.
In peace let us flow outward; in power let us flow outward; in beauty let us flow outward.

(The Goddess lights the torch, the Firemaker lights the two fires, which have been saturated with some flammable material, ie charcoal starter. White Sage and Cedar chips may be thrown thereon.)

FIRE-PASSING CHANT:(drum)

Dark to light, night to day,
Through the fires lies the way;
Old to new, death to birth,
Between the worlds to our rebirth.

(Once all have passed between the fires)

PRIESTESS:

Sky's Father, Wise Father, Wine Father,
Sun Father, Sap Father, Song Father!
Lord of forest, field and beast,
Lord of harvest, hunt and feast,
King of heaven's golden fire,
Dancer of the soul's desire,
Master of the drum and flute,
Keeper of the vineyard's fruit,
Shine on us and warm our souls --
Teach us how to make us whole!
People, we can feel Him near!
He is coming! He is here!

GOD:(emerging from hiding, dressed in green, with leaves
& horns)

Let the light of living blaze!
Dance within the spiral maze;
Cry of pipe and thump of drum;
Out you go and in you come!
Mine the living pole of May --
Outside loving starts today!
This My gift: that lovers join
Touching at the lip and loin.
This I give: the Joyous Dance,
Music, song, the vine, the chance!
Now do fear and anger cease:
Dance the healing and release!

(A fairly simple triple spiral should be traced on the
ground in lime or flour, to give the people guidelines for
dancing. The dance should go on until satiation or until
the circle forms again; there is no one human focal point
-- the intent should be for peace, understanding,
tolerance, etc.)

SPIRAL-DANCING CHANT:(drum)

Joy, health and peace be in the world
That spins into the May-o,
For summer is a-comin' in
And winter's gone away-o.

BLESSING THE FOOD:

God: Mine is the ripening sun.
Goddess: Mine is the nurturing soil.
God: Mine is the fruit of the vine.
Goddess: Mine is the chalice of life.
Both: We are the blessing of wine! And the wine blesses
us.

God: Mine is the planted seed.
Goddess: Mine is the fertile earth.
God: Mine is the mower's blade.
Goddess: Mine is the oven of making.
Both: We are the blessing of bread! And the bread
blesses us.

Feasting, dancing, singing, party, etc. Some kind of
grounding afterwards.

EMBOLIC SOLITARY RITUAL

On your altar should be placed a circle of 13 stones and,
within the circle of stones, a circle of 13 candles. Within
the circle of candles should be spread some maize - i.e.
corn meal - and in that a waxen female candle to
symbolize the Goddess on your altar. On the eastern side
of the altar should be placed a small sheaf of grain with a
candle inserted inside it.

You should dress in your usual ceremonial garb for
Magickal rites or skyclad, as you prefer.

Retire to bathe in salt-water (use sea salt) before the
ritual. As you do so picture the water cleansing the soul
and spirit, just as it cleanses the body. When you have
dressed, anoint yourself with a holy oil. When you have
prepared yourself, sit in a dim quiet place and light a
candle - ONE THAT IS NOT BEING USED IN THE
RITES - and meditate on how at this time of year the
Goddess in her fiery aspect AS LIGHT was welcomed
back into the Temples and the Homes of the land.

Take this candle and walk slowly to your altar. Place it
in the circle of the 13 candles. Then light the two altar
candles, which are separate from the circle of lights also,
and the incense. (Incense should be stick or powdered
incense on charcoal in a swinging burner.) Then light all
the quarter candles in the 4 directions, starting in the
east and going clockwise.

Cast your circle in the usual manner, but Invoke the
Goddess with the following:

"Sacred womb, giver of the secrets of Life,
Mother of all that exists in the Universe,
I ask your guardianship of this gathering
and your assistance in my work.
I am gathered in celebration of your gifts and my work is
most holy.
SO MOTE IT BE"

and Invoke the God in the following manner:

"Fire of the sky, guardian of all that exists in the
Universe,
I ask your guardianship of this gathering
and your assistance in my work.
I am gathered in celebration of your gifts and my work is
most holy.
SO MOTE IT BE"
(continue with the circle casting if it is not already
finished)

Light the 13 candles and then the Goddess candle in
the center and say:

"Warm and quickening Light
awaken and bring forth beauty
for thou art my pleasure and my bounty
LORD and LADY
OSIRIS AND ISIS"

(or you may substitute whatever names your circle uses for the God and the Goddess - or those you personally prefer)

Reflect a moment on the coming of the light and offer up the incense. say:

"O ancient Ones
Timeless Goddess and Sacred King
who art the heralds of springtime and it's bounties
be with me now in celebration
Hail to Osiris and Isis
Harvest giver and blessed Lady
Let this be a time and a place sacred to your power and
your beauty
SO MOTE IT BE"

Light the candle in the sheaf of grain and hold it up with the loaf of bread in the other hand and say: (or the cakes - whatever you or your tradition uses for the cakes and wine/juice ceremony)

"My Lord and Lady,
as the seed becomes the grain,
so the grain becomes the bread,
Mark the everlasting value of our seasons and their changes."

Break a piece of the bread or cakes off and burn it as an offering in the central candle. Then say:

"In the deepest Icy Winter the seed of the Earth lies deep within the womb of the Great Mother. The Spring brings the heat of the Father and with their joining comes new life. The completion of the cycle brings food to the children of the world. As I taste the food I shall know the wisdom of the cycles and be blessed with the food of wisdom throughout my life"

Consecrate cakes and wine/juice in the usual manner and partake of them, but first raise your chalice or drinking horn and say:

"Hail to thee ISIS
Hail to thee Osiris
For thou art blessed"

After this commune in meditation with the Lord and lady for a while, then close the circle in your usual manner.

During Samhain it is in some traditions appropriate to have a feast, and to set a place for their Ancestors at the table. Sundown on Oct. 31 is the beginning of Samhain when the veils between the two worlds are the thinnest. Here is an example of a chant that one could use for such an occasion.

"And so it is ,we gather again,

The feast of our dead to begin.

Our Ancients, Our Ancestors we invite,

Come!!!

And follow the setting sun.

Whom do we call? We Call them by name

(Name your Ancestors that you wish or want to welcome)

The ancients have come! Here with us stand

Where ever the country, where ever the land

They leave us not, to travel alone;

flesh of our flesh, bone of our bone!

Grandmothers, Grandfathers, Great to be their Power !

Past ones and present-at this very hour!

Welcome within are the dead who are kin,

Feast here with us and rest here within

Our hearth is your hearth and welcome to thee;

Old tales to tell and new visions to see!"

It is also customary to light a new candle for the "new year". This ritual harkens back to the days of Samhain was one of only two days-the other being Beltaine-when it is considered correct to extinguish the "hearth fire" and then to relight it. If your fire failed at any other time of the year, it was thought to be very bad luck indeed.

A SAMHAIN RITUAL

"Upon the rekindling of the fire in the morning, this blessing was often said:

We call Upon the Sacred Three;

To Save.....To Shield.....To Surround

The hearth.....The House.....The Household

This Night, Each Night, Every Night.!"

XXIV. SMUDGING

SMUDGING

I came across a very interesting article from "Shaman's Drum" which was reprinted for Vision Quest Bookstore. I will attempt to convey the gist of it, along with my views, as a student of the Ways of the Teneh, about it. Smudging is a way of using the smoke from burning herbs as a way to cleanse the body, an object, or a given area of negative influences. I myself use smudging to "cleanse" crystals before using them in jewelry projects I may do, and for protecting my home from some recent "bad vibe"-producing events. (landlord troubles!) I imagine that the skillful use of the proper herbs could help in warding and banishing ceremonies as well, if used properly and with reverence. The three most used plant material for smudging are sage of all types, cedar, and sweetgrass.

Sage

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There are two major genii and several varieties of each genus of Sage that are used for smudging. *Salvia*, or the herb sage used for cooking, comes in two major varieties: *S. Officinalis*, commonly known as Garden Sage, and *S. Apiana*, commonly known as White Sage. *Salvia* varieties have long been acknowledged as healing herbs, reflected in the fact that its genus name comes from the Latin root word *\*salvare\**, which is the verb "to heal" or "to save." *Artemisia* is the genus commonly considered "Sagebrush", and is more common in the wilds out here in California. There are two major varieties to the *Artemisia* genus: *A. Californica*, or Common Sagebrush, and *A. Vulgaris*, or Mugwort. There are many other varieties of both *Salvia* and *Artemisia*, and all are effective in smudging. Sage is burned in smudging ceremonies to drive out evil spirits, negative thoughts and feelings, and to keep Gan'n (negative entities) away from areas where ceremonies take place. In the Plains Sweatlodge, the floor of the structure is strewn with sage leaves for the participants to rub on their bodies during the sweat. Sage is also used in keeping sacred objects like pipes or Peyote wands safe from negative influence. In the Sioux nation, the Sacred Pipe is kept in a bundle with sage boughs. I would think special crystals could be so protected this way as well.

#### Cedar

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True cedar is of the *Thuja* and *Libocedrus genii*. Some Junipers (*Juniperus* genus) are also called "cedar", thus complicating things some. Some Juniper varieties ARE cleansing herbs, especially *J. Monosperma*, or Desert White Cedar. But for smudging, the best is Western Red Cedar (*Thuja occidentalis*) and California Incense Cedar (*Libocedrus descurrens*). Cedar is burnt while praying to the Great Spirit (Usen', the Source--also known to Plains nations as Wakan Tanka) in meditation, and also to bless a house before moving in as is the tradition in the Northwest and Western Canada. It works both as a purifier and as a way to attract GOOD energy in your direction. It is usually available in herb stores in chipped form, which must be sprinkled over a charcoal in a brazier. I like a piece of charcoaled mesquite for this purpose, rather than the commercial charcoal cake.

Sweetgrass

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Very important to the Sioux and Cherokee nations, its botanical name is *Hierochloa odorata*. In these tribes, the sweetgrass is braided like hair braids. It could be burnt by lighting the end of it, or (more economically) by shaving little bits of it onto charcoal in a brazier. Again, use charcoaled Mesquite (I believe it comes packaged for barbecue use under the brand name "Red Arrow") to burn it, not pressed charcoal tablets. Sweetgrass is burnt after smudging with sage, to welcome in good influences after the bad had been driven out. Sweetgrass is very rare today, and traditional Plains people have been attempting to protect the last of it. Myself, I believe that Cedar, which is not endangered, can safely be used this way. Also Pinon pine needles (used more frequently by the Southwest Teneh, like the Navajo and Apache as well as the Pueblo people and the Zuni) and Copal (used by the Yaqui and in ancient times by the Aztecs and the Maya) have similar effect. The three mentioned here are readily available either through gathering yourself or, in the case of copal resin, from any good herb shop.

#### Using Smudging

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Burn clippings of the herb in a brazier...not a shell as some "new age" shamanic circles do...it is an insult to White Painted Woman (The Goddess) to do this, especially with the abalone shell which is especially sacred to Her. If the herb is bundled in a "wand", you can also light the end of the wand that isn't woody and use that. I like the latter way. Direct the smoke with your hands or with a Peyote (feather) wand over the person or thing you wish to smudge. If you can see auras, look for discolored places in the aura and direct the healing smoke towards those places on the patient's body. For cleansing a house, first offer cedar smoke to the four directions outside the house. Then, take a sage bough and go throughout the inside of the house, making sure the smoke penetrates every nook and cranny of the house. It

might help also, if you have a power animal, to visualize your animal doing these things, to also dance your animal, and if you have a power song, to sing that too. Then finally, run through the house with a white candle that is well protected, to "light up" the house. Careful not to burn it down when you do it!!!

Final Thoughts

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Smudging should be done with care, with reverence, and in an attitude of LOVE. Show your respect and honor to the plants that Usen' has given us for our healing, and they will return the favor by keeping us well and free from disease and negative energy. Aloe Vera plants, though not to be burnt, are good for the cleansing angle as well. Keep one or more potted Aloe Veras in the house (modern varieties are too tender to plant in anything but full shade outside) in organic (wood or ceramic, never plastic or metal) pots. To honor the plant when you transplant it, sprinkle the roots with corn meal and smudge it with cedar once it is transplanted. The spirit of Aloe Vera is a good protective spirit, and if you burn yourself, can also be used to heal your skin. BE SURE TO ASK THE PLANT'S PERMISSION before cutting part of the leaf off for the healing juice. If you don't, the protective power of the plant will cease, and you will be left with but an inert houseplant...and perhaps some bad karma to boot.

Hi-dicho, it is finished....ENJU!

## BLACK MAGICS

### BINDING SOMEONE TO BAD THINGS

If you can bind someone to another person, why can't you bind them to bad things, like Illnesses, accidents, money problems.

So, when the moon is waning on a Saturday or when the moon is full/new, gather the following...

Black Candle

Black cord/rope (you HAVE to have this)

Picture of the person/ Name on piece of paper

If you want to bind someone to just on thing like illnesses

that's cool, but if you'd like to bind them to different things at the same time, get the rope and name what it is you want and tie a knot and keep going. Like "death" tie a knot, "accidents" tie a knot, "Messed up relationships" tie a knot.

Alright, take a deep breath. Light the candle. Imagine the person in that "accient" see them crying, bleeding etc or if you don't wanna do all that just see them sad, crying, depressed, saying "my life is hell" or something. Have fun with it. Hold that for a while then feel joy fill your soul, 'cause it already happened. Get the rope and bind the picture/Name and say " I Bind you\_\_\_\_\_, I bind you to (accidents, illnesses, financial problems" after your done, I'd burn the binding to ashes and bury them but if you can't bury it...REAL DEEP!

\* you could invoke spirits if you'd like but personally I wouldn't cause I would want myself destroying them not me and a spirit.

\* You could also, if it makes more sense to you, get a piece of paper and write the bad thing you want to bind the person too or get a symbol of that thing and bind them to it.

### TO SET A BUILDING ON FIRE

Inscribe the rune for "disruption due to outside forces" or draw another symbol for that or you could draw the place on fire and spirits surrounding it. In 2 other pieces of paper write the name of the place/building you want to set on fire.

\* Cast a protection spell on yourself, and your home...just in case. Also, if you cast circles and invite the guardians and elements, just ask them to protect you.

Breathe, Meditate on what it is you'd like. See the building on fire, feel the intense heat, see everything on fire, see smoke, hear things blowing, burning, and people screaming. Do that for 10-15 minutes. Another alternative to that is imagine everything I just told you but imagine spirits igniting the flames. If you find it hard to imagine that just try to sense it. After that Chant in a commanding voice for like 5 minutes while holding the picture of the fire:

"Spirits that destroy by flames,  
I summon you to do the same"

After that, throw in the first paper with the name of the place.

Recite for 5 minutes while holding the picture

"Spirits that destroy by flames,  
I summon you to do the same"



Throw in the second

Repeat the chant for 5 minutes again.

Then throw in the paper with the picture of the building, but before you do kiss it. "Kiss of death" watch it burn. Thank the spirits if you'd like and let the flames begin. If you'd like you can repeat this spell for 3 nights. I doubt you will, it took a long time.

#### TO SMASH SOMEONE'S LEGS

Get some roots from a tree, preferably a big and old tree.

Get a pot, put a bit of water, it shouldn't exceed medium height.

Turn on the stove to high.

Get a cup pour some milk, and pour some vinegar and salt.

Get all the roots you've collected and separate them evenly and bind them with some kind of cord into 2 "legs"

Light a black candle. Get a hammer, hold it in your power hand and invoke the spirit of fire into it. Fire =

Destruction. Feel the hate for the person, for about 5 minutes, tell your self you hate them or better yet you detest them. A little trick that helps me get extra mad is I imagine myself beating them up, like cutting them up or whatever. after a while crush the "legs" really well, do it like you mean it cause its their legs. After you've smashed them up pretty well blow out the candle and bring the legs to the stove. Turn the water 2 high, wait for it to start boiling and throw in the milk. After that, throw in the legs. Let it boil for as long as you feel then throw the 'potion' down the sink.

And alternative to this spell is after its done boiling put it in a glass jar or some similar glass container and bury it. You know how milk goes when its warm. Or you could skip the boiling part and just go straight to jar.

\* Milk build strong bones, so by putting vinegar and salt you in a weird way, reverse the effects of milk. I included fire, because it can be enlightening and providing, but its always been destruction and weakening. I decided to boil the milk because as the milk heats up it releases steam and that to me means the Magick leaving little by little to do its job.

#### LUSTFUL EMOTIONS

The original spell required a candle, but water symbolizes emotions as well. So fill a pot with water and put some of your sexual fluids in the water. What would make it more potent if you fantasize you and that person doing something exotic and kinky that turns you on and

masturbate to it. Make a poppet of the person, while doing this think of them and you and that person having relations, etc. say "All that I do to this figure, I do to \_\_\_\_\_" breathe on it and say "so mote it be" after that put the pot on the stove and let the water boil, before you put the poppet in the water to symbolize the person boiling in lust think of that person doing something sexual that turns you on or whatever then throw in the poppet. Leave it on the stove for 2 hours and have faith.

\*something that also came to me now what if you did what I instructed but also have a red cinnamon candle anointed with your fluids as well and have it burn with the pot for 2 hours together.

#### ROT IN THE GROUND

This was inspired when I was making food this morning. I saw how the egg hit the pan and how it quickly change color under heat, it reminded me when eggs went bad and the smell. I remembered of this old spell I've read about in which for I think 9 nights at the same hour your light a black candle and imagine your enemy in a bubble and dark energy around them in the bubble. This negative energy will make them be sick and it will also attract negative people towards them.

My version is simple, and very effective. Light a black candle. Feel the hate for the person and get an egg. Push your hate into the egg, the egg symbolizes the victim. You can imagine dark energy from your hands going into the egg or just push the hate and imagine the person in a shell and the energy surrounding them, filling the shell and going into them making their skin wrinkle their hair falling and bad people surrounding outside the shell. After you feel you've exhausted yourself. Go outside dig a hole and put the egg, feel free to put in things that are bad or smell bad or cinnamon to charge the hate. Whatever. cover the hole and that's it. For the next 8 days, go to that spot for a quick moment imagine and feel the hate for them and stomp on the spot 8 times, symbolically stomping off the hate. Then the next day 7, and then 6, and you know the rest. After a while trust me then egg will go bad, rot, and spell really bad. Trust me. You'll feel bad for that person. Or not!

#### I DETEST YOU

You must feel extreme hate for the person.

Construct a poppet while doing this feel the hatred for

the person, smile to yourself feel happiness, because they are going to pay in pain and suffering. Make a fire in some kind of container or cauldron. Put paper or whatever to make the fire real extravagant and more powerful. Have 2 black/red candles on both sides of the fire. Hold the poppet in your right hand and say "all that I do to this figure, I do to \_\_\_\_\_" blow on it. Throw the poppet in the fire and close your see the person on one of those altars where animals are sacrificed and see their body on flames. Try your best, imagine them on fire and bound to the altar so all they can do it suffer. See their skin bubbling or melting of, see their hair on fire, see them crying. Do this for at least 10 minutes, if you really want this you won't mind. While you're doing this try to say " I detest you" a couple of times.

#### CRUSHED BY HATE

Get an egg and feel the hate you have for the person. Feel it surge through you, get mad, punch something if that helps you intensify...it does for me. When you feel the hate so real crush the egg in your hands. Symbolizing you crushing them.

#### KNOT SPELL

Tie and knot every time reciting the cure and putting a black feather in the knot,  
For best results put the knot under the victims mattress.

#### BANISHING CHANT

Light a black candle, write on a piece of paper who you want to banish or what. Ignite it and chant.

I banish you once,  
I banish you twice  
I banish thrice  
No more will you darken my life.

then make a ring of salt around the candle and leave it there for 3 nights. repeat the spell for those 3 nights. or do this in a bowl. leaving the burnt paper and adding more salt.

#### MAKING SOMEONE DREAM OF DEATH

· I heard from a friend that if someone dies in a dream they can die in real life because their mind goes into shock or something, they could die or could get stuck in a coma (astral realm). You ever had a dream where your about to fall or something like that and you wake up? That's what I mean if you were to actually fall you could get stuck in a coma or possibly die. I don't know that was true, but Ill play it safe. so when your ready to end the spell say "With no true DEATH to them".

You'll need

- \* A Pot with water.
- \* Celery Stick
- \* Knife or Athame
- \* Jasmine Tea bag Or Actual Jasmine Flower
- \* Some hate and your will.

Focus on the hate for the person and drain it in the water by passing your hand over or through the water. Put the pot on the stove to boil, put the stove on High Heat.

When the water starts to boil, throw in the Jasmine and put in the celery. You could put the whole thing, so that it sticks up or break it into pieces. Once that is completed, let the water boil for a while and focus on your hate for the person, focus on what you want. I would find that hard to imagine so I just repeat what I want to happen to myself and just trust and know. After you've done that for a while, put in the knife. Let the sharp part stick in the water and the handle part stick out of the pot. Leave to boil for as long as you'd life...you could say an incantation to go along. Just make sure you say "With no true Death to Them". And that's it.

Celery symbolizes dreams and Jasmine too.

Knife/Athame symbolize taking life away.

Water symbolizes dream world.

#### TO OVERCOME AN ENEMY

Get a pot, fill it with water and feel the hate for the person and pout it into the water. See the water turn black or red. Get something of the persons or just write their name on paper. Put the pot on the stove and let the water boil. Pour in a some milk so the water turns white. Pour some vinegar, salt, and ashes. To get the ashes, just write on a piece of paper the name of the person, pour some hate in the paper and sit it on fire...over the pot and let it drop. When all that is done...throw in the paper with

the person's name on it and you can say an incantation with it or just let it boil for half an hour.

#### BOILING SOMEONE IN HATE

Get a pot, fill it up with water...put your hands in there and feel the hate for the person...try to do this for 10 minutes or more. Let the water suck it out of you, imagine the water turning black with hate. Put it on the stove on High so the water boils. Get a piece of paper or a picture and write the person's name. Dip it in Chicken blood. And throw it in the pot. Leave to boil for half and hour then throw it out. Or by their house, for dramatic effect. You could just do that or do it with a spell like

Boil in my hate  
Ti's your new fate  
May the skin fall of you face  
May your life be filled with dismay  
May everything go wrong

Be creative.

#### TO MAKE (BANISH) AN ENEMY MOVE AWAY

Get a Bottle, like Pepsi bottle. Urinate in it. Have a sheet of paper with the person's name on it. Get a Black candle and imagine the person moving away, feel the your hate make it happen. Pour the hate into the candle by tapping the wick. That's how I anoint candles sometimes. Anyways. Start to imagine the person move away, see them walk away with luggage, see them in a car driving away. See them packing up their clothes. See them on a plane flying away. Repeat to yourself "move away, I banish you away, move away" Touch the paper and let the feeling flow into the paper. Light the candle. Invoke Saturn. Open the bottle, set the paper on fire a little bit and throw it in the bottle. Throw in some vinegar, and some salt. Close the bottle and begin to imagine them leaving again, really want it. Repeat "Move away \_\_\_\_\_, Move away. I banish you, move away." Then that's it.

Vinegar - Sour their lives  
Salt - Banishing  
Mars - Binding, Banishing, etc.

Pee - I did that cause I was in the zone, but It made sense.

Black Candle - Cause its black magick and its for banishing, binding and breaking through obstacles  
Fire - Destruction.

Blessed Be,

#### MAKING SOMEONE SEE AND DREAM OF THEIR FEARS

Get a pot, put some water from the sink and put it the stove burner thing on medium. Pour some oil, Salt, and vinegar. I put a little baking soda because when Baking soda and vinegar mix the make that cool foam. You don't have to put the Baking Soda.

While the water starts to bubble a little, get a sheet of paper draw a stick figure and write the victims name on it. Cut it out and you can say "I name you \_\_\_\_\_" or just use it. I didn't name it, I just used it. Get roaches, as much as you can or want I got 4. Get some ant as well. Alright, the water should be bubbling a little but so put the burner on High. When the pot is boiling like crazy, throw in the roaches and the ants. Visualize your objective, imagine you're the victim and feel the ants against your skin. Imagine yourself in a corner and lots of roaches everywhere, feel the fear, etc. Throw in the person and recite 3 times

"Roaches are you cause of fear,  
Roaches I cast on you my dear.  
See them crawl, see them near you.  
See them all, see them on you.  
Feel their legs against your skin,  
Drown in roaches, boil for you sin.  
Powers of fire, powers of the south.  
Set him on fire, with roaches running about"

So mote it be. Let the water continue to boil for 10 more minutes.  
Then throw it out.

\* I included the ants because they symbolize joy and peace. Boiling them to death, would symbolize boiling joy and peace to the person.

#### WAX BINDING

On A Saturday, at 9 pm. Light a black candle.  
Have a piece of paper with the person's lips on it. Draw it, or whatever.  
Get the lips and say " You are \_\_\_\_\_'s Lips" Kiss them

Gather all the memories of them talking and pissing the hell out of you. Or just a few, feel the annoyance. Light the candle and allow 9 drops of wax to fall on the lips and say

Meditate on your spell and so mote it be.

# TO KILL A FRIENDSHIP

On a Saturday night when the moon is in Mars or Saturn get a black candle, Salt, Vinegar, Some water in a bowl, Picture of them or their names (Have their B-day's or astrological signs on the paper/Picture as well), Cord, and a Knife.

"Invoking Fire the element of destruction, I KILL YOUR FRIENDSHIP!

Stab the picture/names. After you felt the hate go to

Throw it in the bowl with the vinegar and salt. Spit in it as a form of "I spit at your friendship" leave it in there over night then go outside dig a deep enough whole and throw in the water with the little thingy. Put dirt over it and stomp over it 7 times. That is it.

Have a pot of water and put your hands in it and think of how much you hate the person who did you wrong. Let the water turn black with hate, then put 7 sticks of cinnamon, whole cinnamon...but if you got powdered cinnamon that's cool. I'd put a pieces of lemon because of the sourness, also vinegar and milk for color.

"There has been unfairness done to me  
I summon the elements  
I Invoke them  
I conjure them to do my bidding  
The four watchtowers shall lay their eyes and minds  
There shall be fear, guilt, and bad blood  
There shall be submission and no pity  
I point the 3 fold law against thee  
Against thee it shall be pointed  
3 fold, a hundred fold is the cost for  
My anger and pain  
Thee shall be blinded  
By the fear  
Blinded by my pain  
Blinded by me  
Blinded by me  
CURSED BY ME!!!!  
S.M.I.T

After that, get the ashes and throw them in the "potion". Put the pot with the ingredients on the stove to boil for a little while. You get to curse them and then give them an "aftershock"

Get a red or black candle. Have a piece of paper with the persons name on it.

Light the candle; remember why you hate them to so much and etc.

Have the paper by the fire and say

"Burn in Hell  
Burn in my hate  
Burn in pain  
Burn in sadness  
Burn in tragedies  
Burn in misfortunes  
Burn in illnesses  
BURN IN ALL THAT IS EVIL AND DARK!!!  
BURN IN HELL!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Let your emotions overwhelm you and scream this or cry it out. Try your best to let the emotions possess you. In the middle of reciting this burn the paper like around lines "Burn in tragedies". That's it.

## CURSE

Invoke the powers of the god that empowers curses; Sulis.

Light a black candle, if you can 7.

Sit for five minutes and focus on how much hate you feel for the target. Convert all your insecurities, all your pain from everything, all the hate you feel for others, your joy, your stress, convert it all to hate for that person. Circulate the hate for five minutes, and say "I curse you" 27 times. 27 is an unlucky number. Do that at the same time.

After that, have a cup with milk in it. Pour some vinegar and squeeze some lemon/lime in there too. Stir the potion counter-clockwise 7 times. 7 is the number of 'completion' Say what you wish like "I curse you Tommy, may all your friendships crumble and die" then say "So Mote It Be" dispose of the chemicals in the soil, or water. No other way.

## ROTTEN SKIN

Do this on Saturday, when the sun is at its hottest. Get a banana and eat it, but save the skin. Focus on your desire, See the target and see the inflicted damage. Throw the

skin on the ground,  
Where the sun can hit it and recite 9 times.

"Like this rotting banana peel,  
That's how I wish your skin to feel  
Let it rot, let it wrinkle, let it wither  
Beauty fade, beauty disfigure."

After reciting it, focus on your desire again. But this time put you in the person's body and tries to feel the wrinkles as if you're them feeling it, and give it as much detail as possible.

## BLACK MAGIC MONEY SPELL

\*This is some-what ceremonial Magick, you will be conjuring darks spirits.

- 3 White candles, 1 black candle.
- Piece of paper 3X3.

This spell should be done on a Thursday at 3 pm or Saturday, anytime when the sun's down. On the sheet of paper, write where it is that you would like to work. Hold it in your hands and focus on your desire. See yourself wearing the uniform, or see you stocking products or working at the cash register. Let the feeling of accomplishment flow into it.

Cleanse yourself, meditate or do what I did, shower. Cast the Magick circle; invoke Earth, Air, Fire, Water, and Spirit. Have the white candles positioned in a triangle symbolize the cone of power, energy building, etc. Put the black candle in the middle.

Sit, get comfortable, take a couple of breaths get everything together and straight. Light the candles, and focus on your desire. Taste it, feel it, hear it, see it, smell it. Make it real. Recite the incantation 4 times, each time with more power, focus, love, command, and full of emotions.

"Gods of dark Magick, Gods of hate.

Myself employed is my fate.

Dark spirits of nature, this sorcerer conjures thee.

I conjure thee, I conjure thee, I conjure thee.

Heed my call dark essences that roam,

Heed my call I ask with my heart and my soul.

Bring forth all your power; bring forth all your might.

Strip obstacles to ashes, disintegrate them from sight.

Let my hearts desires and wishes be met,

Let no individuals be put to death."

Focus on your desire again. Set the piece of paper on fire, and focus on your desire once more. So Mote It Be.

Thank the elements, thank the gods. And close the circle. Visualize a big, dark, and thick mist of energy with white figures surrounding it (Spirits) see all of it go up through your ceiling up to space and into the cosmos. And FORGET ABOUT IT!!

#### ERECTIAL CURSING

\* have a banana, a Styrofoam cup and a needle. (charge the needle)

Light a black candle, and charge it with your intention. focus on your target, the objective, collect and circulate your emotions, your hate. All that good stuff.

"Gods of Cursing

Please Oblige, This is well worth it.

With your power in my left hand,

Lets make a fool out of this young man.

I curse this boy with a painful erection,

For one week whole so he learns his lesson.

Let it ache, let it hurt,

With Embarrassment he shall burn.

So that he knows not to cross me,

Stab the cup symbolizing your magick acting. Break the Banana symbolizing his body losing control over the penis. Lol \*cackle\*

as I will, So Shall It Be"

#### VAMPIRE TRANSFORMATION

Chant this as you mix the blood, the water, and your strand of hair together in a bowl.

Magic, Magic, enter unto me. Vampire transformation is what it shall be.

Bring me the powers, bring me the feeling. Bring me what I desire, So mote it be!

Before you say "So mote it be!" pour the water onto the candle, putting out the flame one drop of your own blood. one strand of your hair. One candle [white would be best]. 2 tablespoons of water from any stream.

#### BLACK MAGIC SPELLS TO REVERSE A CURSE

#### Ingredients:

A wok

Six White candles

Six pink candles

Egyptian goddess Incense

Cinnamon sticks

Feel good incense

Hair of a dog

Some morning dew

Water

#### Procedure:

Light a wooden flame and place the wok on it to heat.

Once it is hot enough pour enough water in it that it fills the wok to the brim. Now let it boil. In the meanwhile arrange the six pink candles around the wok in a circle.

Light them slowly one at a time. Now take the white candles and place them near the windows. Light them when the water boils ferviously. As the water begins to boil drop in the cinnamon sticks and let it boil with the water. Now pour some Egyptian goddess incense and some feel good incense in the wok as it boils. Take the hair of the dog and tie it up and add it to the potion. Bring the whole potion to a boil a few times and to end add the droplets of morning dew. Once they have all been boiled well, pour into a glass and take a sip and chant the following lines.

" Listen o spirits of above

listen to this holy hex

turn around the magic dispensed

turn around the holy curse"

#### ANIMAL ATTRIBUTES RITUAL

#### Ingredients:

5 Large Bowls (Metal)

Essence of air,water,fire,earth

Spirit mixture

Large pentacle

6 Wiccan/Pagans of High Knowledge

Set up the large pentacle in a place you wont be disturbed during the ritual.

Then put one of each element (including soul) into one of the large bowls.

Then one by one start with top right point and set the fire mixture,air mixture,earth mixture, water mixture. while placing each one say

"These elements we give to (6th persons name) and (animal),

so that thier souls will be entertwined forever,  
The gift of (elements \*\*) i give them"

\*\* =

Fire: Sight

Water: Taste

Earth: Smell

Air: Touch

Spirit: Hearing

Then the 6th person says while sacrificing the animal

"I give this animals blood to the gods below,  
I give this animals body to the gods above,  
The spirit i take to Mix with my own."

The 6th person sits in the middle and meditates while envisioning the animals spirit entering his own body. Let this person be alone for as long as it takes him to get used to hte new spirit inside of him. When ever he feels ready to talk about the new experience he will. So dont pester him.

#### SPELL TO CURSE SOMEONE

Materials Required:

Lemon - 1

Black candle

Nails - 9

Cursing oil

Black bowl

Picture of the person to be cursed

Method:

This curse is popularly known as the lemon curse as it involves the use of a lemon. Have the candle lit using matches only. Once this is done, slit the lemon down in the middle so that it forms two equal halves. On the surface of one of the lemons place the picture of the one that you wish to curse. Then focus on the flame of the candle and build up your internal energy. As your anger at that person begins to rise, poke the needles on to the surface of the lemon one by one. When you have reached the last and final nail, place the lemon in the black colored bowl and pour the cursing oil over the lemon. Squeeze the remaining half of the lemon over the cursing oil and then poke the last nail on the person's picture.

Set up an altar somewhere in your room and place the bowl on the altar. Wait for the lemon to rot. With each passing day, the curse will begin to work. When you are ready or you feel that the person has reformed, you may dispose the lemon by throwing it in the sea or river.

#### REVENGE SPELL

Materials Required:

A square piece of parchment

Black pen/pencil

Rubber band

Method:

Take a square bit of parchment and cut it in such a way that it measures three inches on all sides. Write the name of the person who has offended you, the one you want to take revenge on. As you are doing this visualize the face of the person. Holding the image of the person's face in your minds eye, once again go over the wrong deed he/she did to you.

After you have written the name of the person on the parchment, cross it by drawing a pentacle on it. Encircle the pentacle with a circle. Now fold the parchment paper thrice and tie it with the rubber band. Once this is accomplished, bring the paper close to your temple and chant this spell thrice:

This spell I shall cast upon you,  
So that I maybe protected from further harm that you do  
With the words of this spell I shall bind thee  
So that in the future you will let me be  
I will now have sealed this charm  
And I will be protected from your harm.

Place the piece of parchment on the ground and stamp it thrice with the sole of your right shoe. You can be assured that spell has worked and the person learns his lesson.

#### SPELL TO MAKE SOMEONE'S TEETH FALL DOWN

Materials Required:

Black candles - 2

Voodoo doll of the person you want to perform the spell on

Hair or nail clippings of that person

## Needles and pins

### Method:

Set up an altar in a space that you feel is most appropriate and have the two black candles lit up there. Now taking the doll, visualize that the doll is actually the person that you are going to perform the spell on. In order to make the connection more powerful, you may attach the person's photo on the dolls face and have the hair or nail follicles also on the dolls person.

Now work up all the negative energy inside you. This may take a while as you need to really bring yourself into a state that your aura also exudes negativity. Once you have reached this state, have the doll slammed on to the altar and pick up a pin and stab it near the mouth. As you do this you must will yourself to think that you are making the person's teeth fall down. One needle is a representation of one tooth. Therefore, depending on the number of teeth you want to knock off, poke in that many needles or pins. This spell can be slightly exhausting as it requires you to build up your negative energy every time.

Once you are done with the spell, remove the pins and have the doll burnt. That is the only way that you can complete the spell. Alternatively, you could also bury the doll in a place that is isolated or somewhere the doll cannot be found easily.

### SPELL TO MAKE SOMEONE'S HAIR FALL OUT

Spells like making someone's hair fall out may sound humorous but then these spells are actually a sort of revenge spells. In fact, in theory revenge spells should not be taken lightly and are sometimes of fierce nature.

Here is one such spell: what does one need to do to make someone else's hair fall out.

### Materials Required

An image of the person who is being targeted. This can be a photograph or you can even use a doll or toy

Black candles

3 Red candles

Rue oil or Olive oil

A few strands of the hair of the person (or) Black thread of medium thickness.

### Method:

Make a circle in any isolated spot like your backyard or terrace. You may even perform this spell in your room. Make sure that this spell is performed only on a full moon night. Cast an imaginary circle around you. Place the image (photograph or doll) of the target at the centre of the imaginary circle. Then place four black candles around the circle, each one facing one direction. You will sit in a direction facing south. At this direction place two red candles, one on either side of the black candle. At the northern end place the remaining red candle. Now take the hair of your target and affix it on the doll or the photograph. If you don't have real hair, you can use the black threads instead. Once this is done, pick up the red candle behind you and bow down once in each direction and seek the pardon of the Lords for the action you are going to perform. Then using the same candle burn the doll or the photograph starting with the hair first. Once it is completely burnt, exhaust all the candles and leave the room for the next twenty nine minutes. The spell will work overnight.

## NIGHTMARES

Prick a black candle symbolizing the persons dreams. use different color depending:

Let your dreams turn sour  
Nothing but fear and pain  
Nightmares and horrors  
throughout your mortal days  
Let sweet dreams turn to nightmares  
of me tortering you  
Im not the wrong one, you did it too  
Let your dreams turn sour  
Let your dreams turn sour  
Let your dreams turn sour  
Nightmares and pain throughout the hours  
until you have learned the lesson of truth  
nightmares keep coming onto you

\* becareful if your rewording not to change it so that it kills them. cause if you change it so they dream of u killing them, they can die. Seriously. Feel free to chane the tortering part, lol. I wrote that for my father.

### SPELL TO PURIFY YOUR SOUL FROM EVIL SPIRITS

### Ingredients:

Rose petals



Ivory scented candles

Grinder

Glass box

Geranium oil

Procedure:

Make a pile of rose petals two feet high. Dry them until they lose their fragrance.

Light ivory scented candles around the pile. Keep them burning until the dried rose petals begin to smell of Ivory.

Then chant the following spell,

"Bygone begonia you cursed wraith,  
The harbinger, believer of heinous faith.  
Evil spirit with the evil eye,  
Like petals here shrivel and die."

The petals turn a ghostly ivory white. Crush them in a grinder. Collect the ground rose petals in a glass box. Add a few drops of geranium oil. Cover tightly with a lid and toss it into the sea on a full moon night.

If in spite of performing the above spell the spirits do not depart then repeat the spell on the next fortnight but attach a paper to it. On this paper write your name and concentrate all your energy on it whilst you do so. This will help prove your real identity to the spirits and once the identity strengthens they will depart

#### CAST A HEX ON YOUR WORST ENEMY

Ingredients:

Tea tree oil

Purple scented candle

Mugwort Oil

Frankincense Oil

Blue Nile incense

A picture of your worst enemy or something touched or used by them.

Procedure:

Light the purple candle. Over the flame pass each of the other ingredients smoothly making sure none catches fire. Then write your worst enemy's name on the back of their picture or the object that has been touched or used by them. Sprinkle some drops of mugwort and frankincense oils on it. Light the blue Nile incense and let the smell fill the room. Now burn the object or picture in

the flame of the candle and utter the name of your worst enemy in your mind making sure you concentrate on the flame, say the following lines as well,

"As this flame consumes this object,  
May my hate for you be ever the same,  
May you turn in your bed,  
And may with you this hex forever remain."

Make sure you are careful with this spell. The mind games you play with others can be done on you as well. So be very careful. Concentrate only on the spell for the mind will then shut off to any negativity being targeted towards you

#### TWO BM SPELLS

Oh dark Isis hear me  
Oh Hecate hear me  
Oh Erzulie hear me  
Oh darkest goddesses hear me  
I conjure thee

Oh I call to heaven  
Oh I call to hell  
Oh now any spirits who'd help me  
I conjure thee as well!

For I would have my desires  
For I would have him/her  
For I would delve the deepest depths  
For ecstasy is mine and joy on earth  
Oh Innana grant my wish  
Oh Isis hear my prayer  
Oh Aradia make it true  
Oh Hecate make it so  
Oh Erzulie make it happen  
Oh great goddesses I summon thee  
Oh ancient goddesses and queens bring now my lover to desire ONLY me  
Queen of Heavens, Queens of Hell, Horned Hunter of the Night, Lend your power unto the Spell, Work my will by Magic Rite.  
Enslave his/her heart to only me  
Let him/her only see me  
May he/she bend only to my will  
May he/she only want me  
He/she shall never be free  
Make him/her come now to me  
With love in his/her eyes  
With desire in his/her mind  
With serving me as his/her only agenda  
His/her will he/she now surrenders

His/her heart, body and soul now belong to me  
So say I  
So shall it be

Oh great goddesses make it be  
So mote it be  
Blessed art thee  
Let it be  
Make him/her a slave to me  
May he/she know no rest from me  
May his/her desire burn inside whenever he/she is away  
from me  
May he/she be faithful to me  
May his/her passion never wane for me  
May he/she never hurt me  
May he/she have no choice but to love me  
Let him/her only love me  
Let him/her only want me  
Let him/her only desire me  
Let him/her swear their life to me  
Let him/her swear his/her soul to me  
Let him/her swear his/her body to me

Oh greatest goddesses MAKE IT BE!  
Blessed art thee my ladies  
Blessed be now go in peace  
Let it be please let it be  
Make it be now make it be  
I conjure thee I humbly call to thee

SO SHALL IT BE!

.....  
....

#### A Darker Fertility Spell

Oh spirit of darkness, oh spirit of lust  
Oh spirit of passion, we call you to us!  
Oh spirit of flame and fire come  
Oh spirit of such heat, enflame our desires!

Oh goddess of darkness I give myself to thee  
Oh Mistress Hecate give your powers to me!  
Oh mighty deity stir lust within me  
Oh queen of enchantment loose yourself inside me!

Oh god of potency my lover embodies thee  
Oh amun, lord of fertility work your charms on me!  
Oh mighty one hear my plea  
Oh almighty amun grow a child in me from my lovers seed!

Oh ancients of great power  
I call to you in this hour  
By the magick of the pharaohs and those of power  
Come to me and work this charm in this hour

Oh spirits and powers  
Oh keepers of hours  
Oh Isis and amun  
Oh Hecate and bast  
Oh gods and demons  
Oh shades and ghosts  
By the gods almighty and the heavenly host  
HEAR ME and grant my desire:  
We Want a Child Conceived By Our Passions Fire,  
We Want a Baby Safe in Our Arms  
Upon This Child We Want All of Your Blessings and  
Charms  
Let Our Precious Babe Come To No Harm  
SO BE IT, THE SPELL IS DONE!

#### CURSE TO CAUSE A HEADACHE

Say: This person \_\_\_\_\_ has made me angry!  
Lucifer bring forth the pain of madness known upon his  
head!  
ardrelamastro, martarastar, frocuss!

#### DREAM MAGIC

Do you ever want to get an important message through to  
someone, but you just don't know how to do it?

Here is what you do:

1. Determine precisely what it is you want them to hear,  
or perhaps feel. Write down your wish on a piece of paper  
in simple sentence form.
2. Make a dream pillow using a small square of fabric and  
a little batting. Throw in a pinch of lavender and  
rosemary. Put in the piece of paper last, then sew up the  
end.
3. Put the dream pillow on your altar. Do an altar devotion  
to center yourself, then create sacred space. Cast a  
circle and call the quarters if you like, but is isn't  
necessary.
4. Center yourself, then hold your hands over the dream

pillow and say the following:  
Holy Mother, Goddess Divine,  
I stand before your sacred shrine.  
This person won't listen or hear  
My words tickle at deafened ear.  
Holy Mother, Goddess Divine,  
Send a dream, awaken the mind.  
Through his/her vision he/she might live  
The nightmare/passion/lesson he/she so freely give.  
Holy Mother, Goddess Divine  
Send them your enchanted design  
Clear out the cobwebs, tear down walls  
Carry my message through spirit calls.

Feel free to change the incantation to suit your purpose.

#### TO REVERSE A SPELL CAST WITH CANDLE MAGIC

Light two black candles and chant:

In the name of the Gods and all ye Spirits  
In the name of Kernunnos and the light and the dark  
And the Gods of the Netherworld  
And whosoever shall be casting a curse against me  
Let them suffer their own curse  
Let these candles be their candles  
This burning be their burning  
This curse be their curse  
Let the pain they have caused me and mine  
Fall upon themselves

Do this spell for five consecutive nights (as close to midnight as possible) and each night chant the spell until the candles are spent.

#### SPELL TO CONJURE SPIRITS

\*

Two tall purple candles

\*

Two tall green candles

\*

A purple Amethyst Green Jade or Agate - in center of altar

\*

Sandalwood & Lavender Incense

\*

Sandalwood & Willow Bark Incense

\*

Spirit Candle

\*

Witches' Bowl - a bowl or tray 13" or more in diameter, marked for divination.

\*

Three casting stones

Cast a triple circle. Conjuring of Spirits is always done in hours of darkness, not necessary to be midnight, but preferred. After you have performed your primary ritual, cast the incense into your burner, Place the Spirit Candle into the center of the altar and say:

(turn slowly deosil as you speak)

"Spirit of good will, I bid thee enter

The Outer Circle.

The Second Circle.

The Inner Circle.

I am protected by this Pentacle upon my breast.

Which bears the name of (your Spirit Guide)

I bid thee, Spirit, Reveal thy Earthly name!

Repeat this conjuration three times.

Perform a nine card Tarot Divination for the Spirit's name, unless the Spirit replies in some other manner.

Ask: Have you a message for me?

Perform a Tarot Divination or use the Witches' Bowl to ask questions.

Spirit, is it true that....?

Deal gently with the friendly Spirits and they will lead you to the Greater Mysteries.

During your questioning, observe the Spirit Candle.

If it wavers or rises and falls, or flickers unevenly, use the Tarot to see if the Spirit has a message.

You may ask 3 questions, after that you must ask:

May I seek further guidance?

Ask only 3 more questions.

Bid the Spirit depart, saying:

(Name), Good Spirit,  
Thou hast diligently answered my questions and I do  
thank thee. I hereby give thee license to depart. Depart,  
thrice - blessed Spirit, and be thou willing to return when  
next I conjure thee. By the sound of this bell (Use your  
Witch's Bell), do I bid thee leave. Depart, Depart.  
Depart!

#### SPELL TO SUMMON A SPIRIT

To create an incense portal for summoning the ancestor  
spirits from the otherworld, you will need an altar  
complete with pictures and items to honor them. In a  
strongly protected circle, place lavender, cinnamon, and  
wormwood on the coals.

Call out only to benevolent and loving ancestor spirits by  
saying:

"Blood of my blood, you spirits of love,  
Come from below and from above;  
Entities loving who wish me well,  
Come to this circle when I sound the bell. "

Intone (ring) a bell three times and welcome the  
ancestors' spirits. Afterwards, ring the bell seven times  
to send them back through the portal so you can close  
your circle.

#### THE BOOMERANG SPELL

Reverse any negativity or hex being sent your way.

Anoint a purple candle with Rosemary oil. On a piece  
of white paper write the following in black ink...

"All blocks are now removed." Fold the paper three  
times. Light the candle and burn the paper in a bowl,

ashtray or any fireproof dish.

Invoke the power of fire and it's elemental  
spirits.

Repeat three times:

"Firedrakes and Salamanders,  
Aid me in my quest,  
Protect me from all evil forms,  
Turn back the negativity being sent."

After repeating it three times, say:

"So mote it be."

#### FOR DRIVING AWAY EVIL

Demons and evil spirits could be forced to leave a person  
alone if the following spell was  
written on parchment or paper which was to be kept close  
at hand at all times.

SDPNQCN  
DPNQCN  
PNQCN  
NQCN  
QCN  
CN  
N

#### REVENGE SPELL 2

\*Please use the utmost caution when performing a  
revenge spell. Remember, if the person you are casting  
this spell on does not truly deserve it, YOU could be the  
who gets hurt. Think long and carefully before doing any  
spells that may harm another human being.

Take a piece of paper and write the name of the person  
that is to be bound on a 3"x3" piece of paper, using a  
black ink pen or a pencil.

While you do this visualize the face of the person on your  
mind. When you have written the name cross it with an  
inverted pentacle (5 pointed star within a circle).

Fold the paper twice and take a rubber band and tie the  
paper with it. Raise it to your temple and chant three  
times the following...

"To be protected from you,  
This magic charm i will do,  
With this words i bind thee,

For you to let me be,  
To be protected from your harm,  
I now seal this charm".

Now place the paper on your right shoe and slam your foot on the ground nine times (doesn't have to be so loud that everyone hears it) As you slam it the ninth time say...  
"So mote it be!"

#### GRAVEYARD DUST

To the experienced practitioner of witchcraft, this may mean one of three things:

1. Either purely dust or earth taken from a churchyard.
2. Dried, powdered mullein herb (*Verbascum thapsus*.)
3. Bone ash and asphaltum, also known as mummy dust, originally obtained by grinding up Egyptian mummies. This is a great rarity nowadays for obvious reasons.

Any or all of these graveyard dusts may be used singly or in combination in Saturnian hex powders or sachets, designed to bring inertia or restriction of some sort. Similarly the following "simples" may also be used:

Pulverized myrrh wood

Black poppy seeds

"Holda" berries, leaves, and flowers (elderberry or *Sambucus nigra*)

Rue (*Ruta graveolens*) - edible but bitter

Bitter aloes

Sourgrass (sorrel) - *Rumex acetosa* (edible but sour)

Hawthorn blossoms (*Crataegus oxyacanthus*)

Periwinkle blossoms (*Vinca major* or *minor*)

Pulverized juniper wood and berries (*Juniperus Communis*)

Pulverized yew wood and berries (*Taxus baccata*)

Felonwort (bittersweet or woody nightshade - *Solanum dulcamara* - poisonous)

Dwale (deadly nightshade, devil's herb - *Atropa belladonna* - poisonous)

Enchanter's nightshade (*Circaea lutetiana* - poisonous)

Twilight sleep (henbane - *Hyoscyamus niger* - poisonous)

Devil's apple (Jimson weed, Thornapple, devil's trumpet - *Datura stramonium* - poisonous)

Mark of Cain (Hemlock - *Conium maculatum* - poisonous)

The last seven may be traditionally magical herbs, but they also happen to partake of the nature of

powerful vegetable drugs. Again, as in the instance of the Mars variety, be careful.

#### LOVER'S DISSENSION SPELL

When the moon is waning, cast your circle; in the altar triangle place your chalice. Wreath the triangle as for your Hecate-Noctacula spells. Within it, place the following items:

A pinch of grated orange peel, a pinch of salt, and a few grains of pepper, cumin seed, and powdered rue. On top of this, pour a small amount, say a quarter cup, of boiling, distilled water, which should also be on hand. As you pour the water onto the mixture, chant the following charm, and visualize strongly those persons caught in the hostile predicament it is designed to effect.

I [witch name] make this philter.

May it bear  
malediction, deep affliction,  
here upon this married pair,  
[X] and [Y] [their names].  
May they never be united,  
may they quarrel every day,  
may their marriage-bond be blighted  
ere a year has passed away!  
This shall be the life between them,  
let that life be as it may!

Seal the spell with "So mote it be!" and three crosses made with the left hand. Finally, introduce the philter as you would any other, in chocolates, cookies, a bottle of homemade wine or in whatever way you can best accomplish it. You may also wish to reinforce the potency of the philter by backing it up with this third process, which may be put into operation on the same evening, within the same circle.

#### BONES OF ANGER HEX

Gather bones of chickens and dry them in the sun for a few days. Then when you are ready to do this hex make sure you are worked up into a frenzy of anger and hatred. This will add to the potency of your hex! Be thinking of all this while doing this hex and when it says 'With these bones I now do crush' take a hammer or use your feet to stomp and crush these bones as if they were your enemy before you! When you are done sweep them up and place them in a bag. You will then want to sprinkle the dust and remains of the bones on your enemies property around his house.

If you have a bell ring it 3 times and say... I call upon the Ancient Ones from the great abyss to do my bidding I

invoke Cuthalu, God of Anger and the creatures of the underworld hear me now...

"Bones of anger, bones to dust full of fury, revenge is just I scatter these bones, these bones of rage take thine enemy, bring him pain I see thine enemy before me now I bind him, crush him, bring him down With these bones I now do crush Make thine enemy turn to dust torment, fire, out of control With this hex I curse your soul" So mote it be!

\*\*\*Warning: This can be a Deadly Hex! If you so choose to do it, be forewarned that you may indeed seriously harm this person and you are responsible for the Karma! You may want to do one of the less damaging hexes. The choice is yours.

#### THE LEMON CURSE

Items needed:

1 lemon  
1 black candle  
9 nails  
Cursing Oil  
Picture of person (to be cursed)  
Athame  
Black bowl

Light the candle!  
Cut a slit into the lemon.  
Place the picture of the person inside the slit.  
Take one of the nails and feel your anger rise. Visualize your anger.  
Pierce the nail into the lemon.  
Do the same for the remaining nails.  
With each nail your anger should rise for this person getting blacker and blacker.  
When you reach the last nail, place the lemon in the bowl.

Pour cursing oil onto the lemon filling the bowl until the lemon is half covered (with oil.)  
Let the lemon rot in this bowl on your altar.  
As the lemon rots, so too will the life and luck of the person!!  
Remember, curses are only used when you have been

wronged and cannot come up with a fix!! Do not curse people for the fun of it or the rule of three will haunt you!!

#### CURSE SPELL

There has been unfairness done to me  
I summon the elements  
I invoke them  
I conjure them to do my bidding  
The four watchtowers shall lay their eyes and minds there shall be fear and guilt and bad blood there shall be submission and no pity  
I point the threefold law against thee  
against thee it shall be pointed  
threefold, a hundred fold is the cost for my anger and pain  
Thee shall be blinded by the fear  
blinded by the pain  
blinded by me  
binded by me  
Cursed by me  
So mote it be!  
This curse shall be laid upon the victim while burning an image of the victim  
(wax sigil, photograph, drawing, anything)  
in the flame of a consecrated black candle.

#### SPEED UP TIME

Draw a Pentacle on your left hand using a blessed red pen. Visualize a sand clock as you draw.  
Now put your left hand on your forehead, or third eye, and say:

**SANDS OF TIME SHOW ME THY WAY  
TURN THE NIGHTS INTO DAYS  
ROSE PETALS SO LIGHT AND GRACE  
SPEED UP TIME NOW, IN THIS PLACE**

The spell will last for 24 hours or until the pentacle is erased, naturally or washed, so don't try to get sweaty hands.

#### THREE NIGHTS OF HELL CANDLE SPELL

This spell will inflict serious pain and sores on thine enemy for a period of 3 strange days, after which the spell is lifted, and he is made well again.

Take a black candle and place a picture of thine enemy in front of thee and tilt the candle so the wax drips upon the would-be victim in the picture. Visualize the wax burning sores into the body of thine enemy. While doing so, recite the following 3 times...

As I do this candle spell  
Bring mine enemy 3 nights of hell  
Candle black, black as night  
Bring him pains of flesh tonight!

Lesions on his skin will grow  
Afflict him with a painful blow  
Sores and pain afflict him now  
For 3 nights he'll wonder how

Dukes of darkness, Kings of hell  
Smite mine enemy, bring him hell  
When 3 nights of pain have passed  
Make him well, well at last

After sitting and thinking about the sores that this will inflict thine enemy and the pain he will suffer, thou mayest then extinguish the candle. When 3 nights have passed, tear up the photo and say the following...

When 3 nights of pain endured  
I lift this curse, rest assured  
Darkness leave him, go away;  
The curse is lifted now, today!"

#### SEND IT BACK

This spell uses heavy visualization and energy manipulation skills, so be aware of this if your skills do not include these. You might want to develop these skills first before trying this spell.

Reach a meditative/trance state, and feel your own area, and your own space. Visualize the negative energy around you, and "see" it with your mind's eye. Suck this energy into a ball at your center, seeing it as a ball between your hands...a black swirling ball/whatever most helps you to do the energy manipulation.

When you have gathered sufficient energy, whisper to it to go to the original sender, or out harmlessly into the environment. Open your hands, and with powerful intent and focus, release the ball into the air, "watching" it go with your mind's eye towards your attacker, or towards the hexer. If you know the hexer, you may tell it to go to that person, or if you want to send the negativity at someone else, then tell it to go there.

Cleansings and general protective spells are recommended after casting this spell.

#### REVENGE AGAINST THE ONE WHO JINXED YOU

If you want harsher revenge instead of a mere reversal of the crossing spell, then you can lay a trick or fix them. Burn a black candle on your enemy's name (put their name on a paper beneath an overturned saucer under the candle) or carve their name on the candle.

If you use a black candle in the figure of the Devil and carve their name on it, then anoint it with an appropriate dressing oil. If you don't know the name of the person who did this trick to you, carve the words "My Enemy" on the candle before you dress it. If you use Cast Off Evil or Run Devil Run Oil, things will go fairly hard with the enemy, but dressing the candle with something stronger, like Crossing Oil or Hot Foot Oil may express your desires more accurately. That is for you to decide.

Burn the black candle on the toilet tank, a little bit each night, pinching it out between burnings. Burn it down while the moon is growing smaller -- and on the dark of the moon, the darkest night of the month, turn the burning black candle stub upside down and extinguish it in the toilet bowl, saying "Thus will you, [name of enemy], meet your fate!" Alternatively, you can throw the remaining black candle stub and wax into a crossroads -- or into the yard of the person who had put the roots on you or jinxed you. (This is an old spell, and it used to be performed in an outhouse, so the candle would fall into the piss and shit already there and could just remain in that place.)

When you are finished, wash down the room where you did this job with a mixture of Uncrossing Crystals and Chinese Wash in warm water, to clean it out. You might also want to take the 13 Herb Bath or Uncrossing Bath as described above, reciting the 51st Psalm for purification of your self.

## DESTRUCTION RITUAL

Write your own wishes for destruction on your enemy.

*Set up with black candle in central altar.  
Weather you do this alone or with people, as you chant  
this walk around the altar with the candle on it, counter  
clockwise.  
Chant this and then read out your destruction wishes.*

Principality of Fire, I call upon the Flame to summon you.  
I call on the strength of all the Dark Creatures of  
Nature to summon you.  
Principality of Fire, hear me as I call. Rise from the  
coiling flames!  
I summon you in the name of the Seven Plagues.  
Azazel, I summon you in the name of the charred and  
blackened stars that reigned at your beginning!

Cthonie, rise out of the darkness of the earth.  
I call you forth from the subterranean rivers of blood,  
from the smoke of the torment which rises forever.  
In the name of every Dark Spirit that is obedient to you,  
I invoke you: COME FORTH.  
Read destruction wishes. Then burn them up in the  
candle.  
Let the flame carry forth my desires.  
Gather up the burned ashes in a sealed container. Bury it  
Let the earth carry forth my desires.  
Let it be done.

Explanation:

Azazel, or Cthonie, and all the other names for this same  
alpha-defender is both Innocence, a defender principle  
of the 7 fold Light  
and is also the Abyss - Darkness, a horrific destroyer. It  
is also the manifest-defender of the alpha inner principle  
of Justice. It is  
also the destroyer of anti-anima as the pushing principle  
on that alpha. It is also the "mate" of the Ophion as it  
merges with this  
principle. Azazel is half here and NOT behind the "double  
locked gate."

## THE RITUAL OF THE BLACK FLAME

You'll need a bell and a cup of wine (or water).

Walking around in a circle going counter clockwise, ring  
bell.9 times.

Perform the entire Ritual of Baphomet

Then say:

"Behold! The earth, my dwelling, My place of pleasure and  
pain. I am here to acknowledge my bond with it and its  
ways...the  
carnal laws of man...truth!"

"I am here this day to proclaim my life to the gift and  
power of the Beast, the beast within me...the true Self!"

Ring bell

"I call forth my inner black flame from the five angles of  
our Sign, our Ancient Glyph"

Facing the top right point of the pentacle:

"The Guardian of Angle of the Gate, the Source of my  
material being, the place of my dwelling and of the earth.  
I call forth Samael"

Ring bell.

Facing the top left point of the pentacle:

The Guardian of the Angle of The Flame, the Spark in  
the Eye of the Great Darkness, the place of my heart, I  
call forth Azazel!"

Ring bell.

Facing lower left point of the pentacle:

"The Guardian of the Angle of Light and of air, the force  
of my breath, the abode of the enlightened one, I call  
forth Lucifer"

Ring bell.

Facing the lower right point of pentacle:

"The Guardian of the Angle of the unholy fire, the inner  
flame of indulgence, the abode of the dark prince. I call  
forth Satan!"

Ring bell.

Facing the lower point of the pentacle:

"The Guardian of the angle of the deep sea...the rushing  
serpent. The place of my creation and the Root of my  
Being. I call forth  
Leviathan"

Ring bell.

"And above me, the might and glory above all else, The  
Self! Humanity in its glory, I am a true manifestation of  
its greatness.  
Shemhemphorash! Hail thyself!



I am here to realize and bless myself in the Black Flame  
of truth. I am here to deliver myself from false belief  
and self-deceit, I am  
here to open the path to my carnal nature."

"I, a beast of the field, a being of flesh, proclaim myself  
a Satanist"

"I reject all false knowledge and self-deceit"

"I live life for myself and those I love"

Drink from the Cup of Water (or Wine); and Say

"I partake of this blessing, I am made strong with this  
carnal mixture, in the name of the Five whose Angles the  
Pentacle do make,  
and all the Gods of the Outer Darkness. I am empowered  
by the inner black flame. I walk forth into the world and  
partake of my  
desires and true nature. Shemhemphorash, hail thyself!"

Perform the Ritual of Baphomet again

"It is done"

Ring bell 9 times to close.

